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CHOICE DISHES AT SMALL COST.

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BY

A. G. PAYNE.

6003.58



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LONDON, PARIS & NEW YORK.

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P R E F A C E .



THE present book is addressed to that large class of persons who are unable to have the assistance of a staff of well-trained servants. There are hundreds of thousands of households in England where the mistress, who is possessed of every refinement of taste, is compelled to personally superintend the domestic arrangements, in order to ensure that amount of comfort and cleanliness which, coupled with economy, are essential to their very existence.

There is another large class who gain their living by the sweat of their brow rather than their brain, who consider it essential to *their* comfort to have something cooked expressly for *them* every day. Like Jeames, they cannot eat cold meat; like Mrs. Gamp, they scorn hash. I pity the poor, hard-working, unselfish wives of these spoilt children of so-called modern civilisation, but fear I cannot assist them.

There are, unfortunately, many whose tastes are somewhat above their means. To these it is essential that their food should be not only cheap

but choice. In other words, it must be "selected and used with care."

It is impossible where only one or two servants are kept to have really "choice cookery" without the supervision of the more refined taste of the mistress. Should the following pages assist any in that daily labour of love of making Home comfortable, they will not have been written in vain.

A. G. PAYNE.

CHOICE DISHES AT SMALL COST.



INTRODUCTION.

It will, I think, be universally admitted as a fact, that many of our continental neighbours live, not only much more economically, but better than we do. The daily cost of living of a family abroad, whose annual income is 10,000 francs, should be contrasted with one at home whose income is £400 a year. Is there any reason why the former should live better than the latter? Probably, so far as materials go, the English are the best off. Better meat, as a rule, is to be obtained in England than on the Continent, but, unfortunately, worse dinners are made from it.

The art of cooking, as well as our habits of living, are to a great extent matters of tradition that have been handed down from mother to daughter for generations past, not only in England but elsewhere, and probably for many generations to come will these same habits be maintained. The Frenchman will always commence his dinner with some soup and bread, because he cannot afford to dine without it. The Englishman will

rarely have soup because he thinks it too extravagant.

The chief causes of the superiority of foreign cooking to English are—First. The art of cooking is better understood. Secondly. Foreigners take far more *trouble* than we do. Thirdly. They generally have better cooking implements.

In a very large proportion of English houses the kitchen utensils are not in keeping with the other appointments of the house. The contrast between a small foreign kitchen, with its rows of bright copper stewpans, and an English one, with its few blackened saucepans, its one burnt frying-pan, and often no stewpan at all, will to a certain extent explain the reasons why our dinners so differ from what we get abroad.

One of our most fixed traditions is that three courses are more extravagant than one. There are, I fear, few English housekeepers who would consider a dinner consisting of, say, soup, then some fish, or a dish of macaroni, followed by a roast leg of mutton, cheaper than simply a roast leg of mutton by itself.

There are many persons who pride themselves on their economy, and it will be often found that those who most pride themselves are the very ones who fail to be really economical through ignorance. We will take the very common case of a family consisting of, say, husband and wife and five

children, and one woman-servant. The means of the family are such that economy is desirable, but yet there is no stint, and all at each meal are allowed to have as much as they like.

On grounds of economy soup should be served every day at the commencement of dinner, and when fish is cheap it should always follow the soup. When fish cannot be obtained, it will be found that a dish of macaroni or rice, cooked in the Italian fashion, to be eaten before the meat, will be the means of lessening the expense of the weekly bills, and at the same time the dinner will be better in appearance, and more wholesome.

The Italian who commences his dinner with a gigantic portion of macaroni, or Risotto, lives far more economically than we do. The cheap dish of flour or rice acts as a damper on the appetite, and when the meat follows, naturally one-half only is consumed of what would have been taken had there have been only a joint; and probably many of us, especially children, eat far too much meat, and too little of flour and vegetables, in their ordinary every-day dinner.

A dinner for young persons, and indeed for all, commencing with potato soup, and some plain fish, ending with meat, would be more wholesome, and certainly more economical, than a dinner consisting of meat alone.

The soup should contain some goodness in it, for

it should be borne in mind that a healthy appetite must be satisfied, if not in one way, then in another. Some persons consider it extravagant to use extract of meat at all. If, however, one pennyworth of extract of meat is the means of causing the eater to take three pennyworth of meat less, we make a clear gain of twopence.

In ordering fish, try and make a bargain with your fishmonger to supply you with a small quantity each day, leaving it to him to send what fish he likes. There are many who would undertake to supply two pounds of fish daily for sixpence. It is greatly to be regretted that the thousands of tons of fish that can be obtained at an original cost of less than one penny a pound cannot be turned to better account than it is. In the following pages will be found directions for cooking almost every kind of fish to be met with in this country, both sea and fresh-water fish.

One of the most common forms of waste from ignorance is over-cooking, especially in roasting and frying. Take the case of geese and ducks, turkeys, and hare, what a common thing it is to find these over-roasted ; the meat dry, the breast-bones having the appearance of being burnt up in the fire. Fried whiting and soles, how often are these juicy ?

It is essential for economical cooking that the

housekeeper should look ahead. Too often the mistress of the house will consult with the cook, or make her own arrangements for to-day's dinner, directly after breakfast. *Too late.* Arrange each day for *to-morrow's* dinner. I will give a simple case. The family consists of husband and wife and five children, and one servant. The usual dinner-hour is two o'clock. The joint to-day is roast leg of mutton. Arrange, as is often done, to make some hash for to-morrow's dinner. To *order* the hash to-morrow will be too late.

By four o'clock the joint will be nearly cold, if not quite. Cut all the meat from the bone, chop up the bone and put it on, with whatever odds and ends of vegetables you can find, to stew to make stock *to-day*. (See No. 10.) There is generally a kitchen fire. It will cost no more fuel. Turn this stock out into a basin the last thing at night. Remove the fat the first thing in the morning, and put it on again. You will now have "stock."

This stock will help to make the hash good. It will also, with the remains of cold potato left from yesterday, and an onion and a pint of milk, make some good potato soup. Yet in nine cases out of ten the leg of mutton is put in the larder, the meat cut off in the morning it is required, the bone stewed for about an hour. Of course the so-called stock is ditch-water. Stock cannot be made properly under five hours, slow stewing.

I do not know of any maxim so important in economical housekeeping as to arrange *to-day* what we shall have to-morrow, and as a rule, unless the weather is exceptional, to get in to-day what we want for to-morrow. There is no worse sign of mismanagement than the running out just before dinner for something that "they have forgotten to send."

Of course it is not practicable in all cases, but by far the most economical form of marketing is, ready money and a basket.

I will now endeavour to give a few hints on what may be called kitchen management; and to begin with, a few words may not be out of place on

CLEANLINESS.

It is needless to impress upon you the importance of cooking in clean saucepans; if your own common sense does not teach you this no amount of writing will avail. The great art of saving trouble in cleaning saucepans is to avoid making them "troublesomely dirty." I will explain what I mean by the following example. You have boiled, say, a pint of milk in an enamelled saucepan to add to some stock for white soup. The milk has boiled up, and you are about to pour it into the other saucepan containing the stock. You pour it at once, putting down the saucepan to be

washed up by-and-by. It will give you a lot of trouble. The bottom of the saucepan was far hotter than boiling point. It has burnt the milk left quite hard, and it will want a great deal of scrubbing with ashes or silver sand. Suppose, however, you had not been quite so much in a hurry. The milk has boiled. Take up the saucepan and put it by the side of the fire for a minute ; then pour out the milk, put the saucepan under the boiler tap, rinse it, pour out the water, and wipe it with a cloth directly. It is clean, or nearly so.

In fact, always bear in mind that there is no occasion to take a saucepan off the fire and pour out its boiling contents instantly. The saucepan should be placed on the side for half a minute on the cool part ; then pour out the contents and instantly put the saucepan under the boiler tap, and rinse it round. The amount of trouble this will save you is really incalculable. Try and get into the habit of it.

Another very important point in kitchen management is to

CLEAR UP AS YOU GO ALONG.

Whatever you do, don't get yourself into a muddle, surrounded by dirty plates, dirty knives, spoons, saucepans, and the kitchen table littered all over with bottles, pots, jars, &c. When you go to

a cupboard for, say a jar of rice, take out what you want, but get in the habit of putting the jar back *at the time*, and don't put it on the table to accumulate with other jars, &c., till there is no space left. Have a jug of hot water into which you can dip at once the knives and forks you use in cooking, so that they are clean again as soon as they are dirtied. Think beforehand how many hot plates will be required for dinner. Arrange them in piles, and see they are not dusty; get them thoroughly hot in good time. See that the cloth is laid half-an-hour at least before dinner. I have known servants fry the fish, and put it in the oven to keep hot, take down the joint, and put it in a dish before the fire, and then commence to lay the cloth. Where only one general servant is kept, if you have soup and fried fish, I should recommend the soup to be taken in before commencing to fry the fish, but everything must be got ready, and the fat *hot*.

Before commencing to serve dinner, as much as possible clear up the kitchen. Have everything ready at hand, such as vegetable dishes with hot water in them. See that the dish for the meat is hot, and, if there is a joint, send a little gravy in with it at starting, and have the remainder in a saucepan on the fire. Pour this into a jug hot, and pour it over the joint in time for what is known as the "second help."

A very common failing point with cooks, from want of forethought, is in

SERVING VEGETABLES.

Vegetables, especially greens of all kinds—peas and French beans for instance—should be kept boiling till done, and then served directly. Cooks too often strain off vegetables too soon, and keep them hot, thus spoiling them. Suppose you have a dish of green peas. Calculate how long it will be before they are wanted, and allow that time. Suppose they are young green peas, they will take twenty minutes. If there is soup and fish, you must not throw the peas into boiling water till just before you take in the soup. Have ready on the kitchen table a vegetable dish with a little hot water in it. Have also ready a colander in a good-sized basin. When you take in the joint, come back quickly into the kitchen, pour the boiling peas into the colander, empty the vegetable dish into the saucepan, turn the peas into the hot vegetable dish, put on the cover, and take them into the dining-room. How different these peas will be to those strained off perhaps five, or even ten, minutes before. Everything, however, depends on getting things arranged beforehand. In fact, what is wanted is common forethought; and in perhaps few cases is this so much required as in attention to

THE KITCHEN BOILER.

That is, if you are unfortunate enough to have one that requires filling by hand. It will be found that this boiler has a trick of getting empty. The only way to avoid this is to have a can of water always kept by the side, and to contract the habit of never taking water out of the boiler without filling it up. As a rule, servants, especially young ones, cannot be induced to keep the boiler filled. Threats and entreaties are alike in vain. There is but one course open, and that is to do it yourself. The most important time to fill the boiler is just before sending in dinner, because you will shortly afterwards require plenty of hot water for what is known as

WASHING-UP.

And I would strongly advise you to insist upon this being done as soon as possible after dinner. When dinner draws to a close, have a tin tub filled with hot water, with a good handful of soda in it. Let the plates be scraped, and put in this at once. Wash the silver first, by washing the spoons and forks in this hot water and soda, then rinse them in some cold water, and dry them and put them by. Next the knives. Don't put the knives into hot water ; but hold them by the handles, and wash the blades and wipe them : this is quite

sufficient for the present. Next, the plates and dishes. Take them out one by one, wash them with an old cloth round the insides and back, and throw them into another tub of cold water; then drain them on a plate rack. Last of all, wash the saucepans. Brush the outsides first with a stiff brush, wash the insides with hot soda and water, rinse with fresh water, and dry them. Be very careful also about washing the lids, especially round the rim. If a saucepan has got at all burnt, ashes out of the grate or silver sand are very good to clean it with. Take extra care in washing any kettle that has boiled fish. A saucepan that has warmed up curry sauce also takes a lot of washing.

Glass should be washed in cold water. Avoid using a greasy tub. Glasses should be rinsed in cold water; pass the finger and thumb round the rim, then turn them upside down to drain and dry. When dry, polish them with a clean dry cloth, and finish with a clean leather before placing them on the table. Silver, if washed free from grease, and rubbed when dry with a leather, does not require being cleaned with whiting more than once a week.

Have a set of iron spoons for cooking purposes, and don't use silver-plated spoons for stirring-up saucepans. Keep your iron spoons clean as you go along, with a jug of hot water.

As a rule, servants make much more fuss about washing-up than it deserves. It is far better to get it done at once after dinner than to leave piles of dirty plates, which require far more washing after the fat has hardened upon them.

Directly you have finished washing-up, see what is left from dinner for the "stock-pot"—the gravy from the dish, the bone from the joint, one or two boiled carrots or turnips that may be left, chicken-bones, &c. If you can get a leg of mutton bone with all the meat cut off, or a beef bone, chop it up at once, and let it simmer with all the odds and ends of vegetables, sticks of celery left, onion, &c. By this means you will have some stock for to-morrow, and in no other way. (See No. 10.)

Suppose a little cold meat is required for supper. A few nicely-cut slices, placed on a dish ornamented with parsley, and perhaps a few lettuce leaves, have a far better appearance than a half-bare bone; and, by cutting off the meat, you can utilise the bone at once.

Last, but not least, let not only the kitchen be left perfectly tidy the last thing at night, but also the dining-room. If servants, coming down early in the morning, find that the dining-room or drawing-room has been left in an awful muddle, the effect is demoralising. "The master makes the man," the mistress the maid.

FIRST LESSONS.



No. 1.—To Boil and Simmer.

It may seem a contradiction to say so, but the great art of boiling meat properly is not to let the meat boil. When we speak of boiling meat, we mean that the meat is to be eaten, for very often meat is placed in water for the purpose of getting the juices out of it. We will describe first how to boil a joint of meat—say, a leg of mutton or a piece of silverside of beef, weighing about 8 or 9 lbs., and explain the reasons of what we do.

When the water in a saucepan bubbles at the top and steams, it is said to boil, and if you put meat into it in this state the meat very soon becomes hard and tough. The reason of this is that meat contains a good deal of a substance the same as the white of an egg. Now you know a raw egg is a liquid, but if you boil it, it becomes hard from being heated. Just so with the meat.

When we boil meat to eat it, what we want is to have the meat tender and as much goodness in it as is possible. In fact our endeavour must be to *keep the flavour in*. Therefore, take a saucepan

large enough to hold the meat, and place in it a sufficient quantity of water to cover the meat. Add a spoonful of salt. Place the saucepan on the fire and bring the water to a boil. As soon as the water boils—and you can tell when it boils by its bubbling—place the joint of meat in it. Be sure that the water covers the meat. Take care also that the meat is clean. You should wipe it with a cloth, but do not wash the meat, as by so doing you will lose some of the goodness. Of course, putting in a large joint of meat will stop the water from boiling. Put the lid on the saucepan, which must be kept on the fire, and wait a short time—about ten minutes—then take off the lid and take a large spoon and skim off the surface the dirty sort of froth that has risen to the top. This is called scum, and is one of the very few things in cooking that may be thrown away. This scum will rise before the water begins to boil again, and should be carefully removed at once. When you know more about cooking, you will know that this is more important than you think it is now. As soon as the water boils thoroughly once again, lift the saucepan off the fire on to the side, so as to stop the boiling at once. Now the outside of the meat has been in contact with boiling water, and therefore has got hard, but it is only the outside, and this is what we wanted, as the meat will be entirely surrounded by a rather hard skin, not

thicker, perhaps, than a kid glove, which hard skin will help to keep in the juice and gravy, or what we call the goodness. Let the saucepan now stand for some time off the fire—say for a quarter of an hour or twenty minutes—so that the meat may get hot right through.

This will prevent the meat at the finish being overboiled outside, and blue in the middle. Then place the saucepan on the fire again, and let it “simmer.” The time for simmering should be from ten to twelve minutes for every pound of meat. Next: Do you understand what I mean by “simmer”? because this is the point where you will probably begin to break down. My experience is, that not one cook in a hundred seems to distinguish between simmering and boiling. They say, oh! its only boiling very gently. Now it is a fact that water, if it boils at all, is just as hot boiling *gently* as it is when it boils what cooks call furiously. I have, however, given up, years back, the idea of making cooks believe this. They simply won't. First, simmering is not boiling at all; it is keeping the water nearly boiling. When it is in this state little tiny bubbles every now and then come up at the edges, but you must not let it get beyond this point.

The meat will be done after it has simmered for the time I said. Then take it out of the water, and place it on a dish previously made very hot.

Pour about half a pint of the liquor in which it has been boiled over it, and send up another half-pint, or rather more, of boiling liquor about a quarter of an hour afterwards, to be poured over the meat in time for the "second help." When a joint is very small and thin—for instance, a thin piece of neck of mutton—it should be placed in hot water, but not boiling, as you risk making it hard. The water then should only simmer, and should never boil at all.

Salt meat should be put in cold water after being washed thoroughly in fresh water. The water should then be slowly brought up to the simmering point.

In boiling fish, recollect that white fish cooks quicker than meat; all *large* white fish should be placed in cold water, and then brought gradually to the boiling point, and then be allowed to go off the boil and simmer gently, *e.g.*, turbot, cod, skate, plaice, large haddocks, hake, halibut, brill. A tablespoonful of salt should be added to every half-gallon of water. Keep the fish white side uppermost. Rub the white side if possible with a slice of lemon before putting it into the water; or with a cloth dipped in a little vinegar and water—half and half.

In boiling fish be very careful about skimming. Take off every speck of scum. Ordinary-sized fish are done within a few minutes from the time the

water has boiled. Even a good-sized turbot need only simmer for a quarter of an hour or twenty minutes.

Be careful in taking out the fish not to break it. If you have a fish-kettle and a drainer this is easy; if you have not a drainer it is difficult. A couple of large slices used for taking up fried eggs—one each side—and a steady hand, and not being in a hurry, will generally be found successful. A large turbot should be cut across the dark side previous to its being placed in the fish-kettle, in order to prevent the white side splitting whilst boiling.

Small fish, such as soles, flounders, slices of cod, &c., are best put into warm (not boiling) water. Salmon and trout are best put into boiling water. This will take the water off the boil; then let them simmer till done. Salmon and trout require longer boiling than ordinary fish.

Lastly, never attempt to boil frozen meat or fish till it has thawed. Meat is best thawed gradually by being placed in a hot kitchen for a few hours; fish is best thawed by being placed in water the temperature of summer heat.

Bacon, pork, and ham should be placed in cold water, and brought gradually to the simmering point. Turkeys, fowls, rabbits, &c., should be placed in warm water and then simmered. Recollect, vegetables require boiling, meat only simmering;

therefore you can never, as a rule, boil vegetables with the meat without spoiling one of them.

The water in which every kind of meat, poultry, and fish is boiled must be skimmed. N.B.—The temperature of boiling water is 212° . The temperature of water simmering should be about 160° to 170° . Meat will generally take a little longer time to boil in winter than in summer, even if not frozen.

No. 2.—To Stew.

Stewing is a process often confounded by very ignorant persons with “boiling for a long time,” and sometimes, by even moderate cooks, with “simmering.” The latter are not so very far from the mark, but the difference between meat simmered and meat stewed is, that in the former case, the meat had to be eaten by itself—that is, the greater portion of the water in which it was simmered was reserved for something else, and the meat was taken out immediately it was sufficiently cooked. A stew, properly so called, is when both meat and juice—that is, all the liquor—are eaten together; consequently, there is no occasion to harden the meat to keep in the flavour.

The old-fashioned French country method of stewing gives the idea to perfection. Place all the ingredients into a pipkin, or earthen vessel, with a tight-fitting lid, moistened with a very little water.

Place this in the hot ashes of a wood fire, and pile the ashes round it. It can then be left for hours, and, after even eight or more hours a pair of bellows will soon bring these ashes to a red glow.

An admirable method of stewing practised in England is to get a jar with a lid that fits tight, with an iron claw. Put the jar in the oven, and throw up all the ashes on the fire, so as to keep in a very slack fire a long time.

Stewing is the most economical method of cooking meat I know, besides being a very nice one. I know of no other method of cooking a tough fowl so as to make the meat eatable. A very low temperature for a very long time helps to make tough meat not merely eatable, but palatable.

I think there is a little prejudice with ignorant and vulgar people about "A Stew"; if so, you can call it a *ragout*. Pieces, or what some poor housekeepers know as "block ornaments," make a most delicious *ragout*, or stew.

As the name implies, stewing is generally done in a stew-pan. The lid should fit tight, and not be taken off, if possible, during the long process of stewing. A 4 lb. weight can with advantage be placed on the lid to keep it down. You must, of course, take precautions against its accidentally boiling. In stewing, you can cook meat and vege-

tables altogether. Whatever you do, don't let it boil, or even get near the boiling point.

No. 3.—To Roast.

Roasting, or cooking meat by hanging it in front of an open fire, is not so common a process now as it was some twenty years ago, as nearly all modern houses are fitted with shut-up stoves.

The advantages of roasting over baking are—1st, it is far easier to baste, and, 2nd, the joint is surrounded by fresh air.—(Some modern ovens are, however, admirably ventilated.) In roasting a joint, the first thing to be considered is to get a clear fire, well made up—*i.e.*, not hollow—and this fire should be carefully attended to till the joint is finished. In putting coals on to a roasting fire, pull the coals forward with a shovel, and put the fresh coals on at the back. Take care, in doing this, that you don't knock any coals into the dripping-pan.

The dripping-pan is the vessel placed under the meat to catch the drippings. “Basting” means pouring hot fat from the dripping-pan over the joint from time to time with a spoon. The more you baste the meat, the better it will be. A roasting-jack (see BOTTLE-JACK AND SCREEN) is a piece of clockwork which is wound up and causes the meat to turn round. This is gene-

rally hung on to a hook under the kitchen mantel-piece.

If you have not a roasting-jack, a piece of strong, coarse string will do very well, and almost answers the same purpose; but it requires watching, - as, should the meat cease to turn round, it will burn. A strong iron hook should be run firmly into the meat, and then hooked on to the jack or fastened to the string. Get the dripping-pan ready before the joint, and have a little hot melted fat or dripping ready in it at starting. This will soon be very much increased in quantity by the drippings from the joint. Dripping is melted fat, and when it is in any quantity should be partly taken away, as the joint roasts, in order to keep it of a nice colour.

To roast properly, the front of the fire must be bigger than the joint. You cannot roast a large joint before a little fire. Always hang meat with the biggest part downwards: allow for the meat having a tendency to break after cooking when you put the hook in it. For instance, a leg of mutton may be hung safely, when raw, by the split or hole in the bone: but this will give way very often when partially cooked.

When you put down the joint to the fire, put it close at starting, so as to harden the outside, and baste with very hot fat; after some ten minutes, draw back the joint a little. The time, on the

average, for beef and mutton is a quarter of an hour for every pound of meat, or a little longer. This is with a really good fire, and for solid pieces of meat. It is evident that a loin of mutton weighing, say eight pounds, will take no longer, or very little longer, than one weighing four pounds, if you have a good large fire as it is simply twice as long.

The smaller the joint or bird, the more quickly should it be roasted. The joint should be of a rich Spanish mahogany colour outside. Brown the joint by putting it closer to the fire, and never flour it at all. To do so spoils the flavour of the meat, and ruins the gravy made from the sediment of the dripping. The general fault in roasting pork and veal is that it is not roasted enough. Beef and mutton, as I have said, should be allowed a quarter of an hour for every pound, and a little time over, say ten minutes or a quarter of an hour, for small joints. Lamb requires twenty minutes for each pound. Pork and veal require half an hour for each pound up to nine or ten pounds. The management of large joints exceeding this weight is a subject into which we need not here enter.

The almost universal fault with inexperienced cooks in roasting game and poultry is, that they over-cook them, especially ducks and geese, partridges, and indeed all game. The meat on the

breast should cut juicy and moist ; the breast-bone, when bare after the meat has been cut off, should not have the appearance of having been burnt in the fire. If the stuffing be placed in a goose or a duck (see No. 17) warm, a good-sized goose will not take more than one and a quarter to one and a half hours to roast, and a duck about forty minutes.

You must first see to the colour of the joint, about a quarter of an hour before you send it up. If too pale, put it nearer the fire, and then take the dripping-pan, and carefully pour off all the fat into a basin till you come to the discoloured dregs. This will make the gravy. Then pour into the pan about a pint (for a large joint) of boiling water, or still better, stock (see No. 11), and, so to speak, wash the dripping-pan in this liquid. Rub all the brown specks—which are really dried-up gravy, in substance somewhat like extract of meat—and dissolve them in the liquid ; then strain the whole through a small sieve into a saucepan. If the joint has been properly roasted, and the fire been a good one, this gravy will be a nice brown colour. Skim off any grease that may be on the top, and set the saucepan on the side of the fire to keep hot, but do not make it boil up. Next, unhook the joint ; place it on a very large hot dish ; pour half the gravy into the dish, not over the joint ; send up the other half of the gravy, very hot, to

be poured *over* the joint in time for the second help.

Do not unhook the joint till you have seen to the gravy. When you take away the dripping-pan, you must, of course, put a dish under the joint to catch the dripping.

All game and poultry require a fierce, clear fire and constant basting, and should be sent to table direct from roasting, and not be finished long before they are wanted, and then "kept hot." This "keeping hot" is the ruin of inexperienced cooks, and, indeed, of a good many experienced ones.

No. 4.—To Bake.

It is very easy to bake a joint in a large bakers' oven, but not so easy in a little oven in which one side is a great deal hotter than the other, and which also has a trick of very often suddenly getting cold, without any apparent cause. These are the practical difficulties with which most of you have to contend, and I can only give a few hints. First, many persons are tempted by advertisements to try some marvellous stove which saves half the fuel, &c. Experience has taught me that these four-legged toys don't answer, and that those who believe that they will save *half* their fuel are as credulous as the Irishman who bought two stoves, in order thereby to save the *whole*.

One most common cause of an oven not baking properly in a shut-up stove is that the stove is not properly cleansed, *i.e.*, the flues get choked with soot. You had better call in some practical man, and watch him clean the stove. You will very likely find that he will get away ten times more soot than you would, as he opens the stove in unexpected places, &c.

To bake a joint properly, the oven must be heated to a temperature above that of boiling water, and you must have the oven thoroughly hot at starting. In each oven there is generally a ventilator, *i.e.*, a little thing that slides backwards and forwards to let in air.

At starting, you can shut this, and then open it after about ten minutes. It is best, just as in boiling and roasting, to expose the meat to a fierce heat at starting, in order to surround the meat with a hard rim to keep in the flavour.

Of course you must place the meat on a tin. Now, very soon this tin will get full of dripping, and if the meat stands in the dripping it will not be nice: it gets sodden. Therefore, raise the meat; there are stands on purpose. If you have not got one, a small gridiron will do. Don't use sticks of firewood, as the heated wood gives a sort of turpentine smell. Next, the fat in the tin, if the oven is properly hot, will smoke and give the joint a greasy taste. Therefore, the tin should be

what is called a hot-water tin. A hot-water tin is a double tin, with a place for hot water inside. These are made specially, and are in almost general use. If you have not got one, get two tins, and put one inside the other, and keep them an inch apart with a couple of sticks of firewood, and then fill the bottom tin up to its edge with water. This will prevent the upper tin from getting too hot, as water cannot get hotter than the boiling point.

The difficulty in baking is the basting, which ought to be done, say, every quarter of an hour. Be as quick as you can about it, and don't keep the oven door open longer than you can help. When you baste, always look at the joint, and see if one side is getting more brown than another; if so, turn the joint round; also, it is well very often to turn the joint over. Also, look some half hour before it is done, and see if one part looks pale, and turn this pale side to the hottest place. Of course, with a first-rate oven this is all unnecessary; but I am writing for those who have not got first-rate ovens.

Recollect to keep the oven pretty hot by keeping up the fire the whole time; you should hear it all frizzling inside. For those who understand what degrees mean, I will say the temperature of an oven for roasting meat, game, poultry, pork, veal, &c., should be 30° hotter than boiling water; for baking meat pies, 60° hotter than

boiling water ; and for making puff-paste for *vol-au-vents*, 80° hotter than boiling water. This last cannot be done properly in a little common oven.

Next, with regard to time. Remember, baking is much quicker than roasting. This latter process takes a quarter of an hour for every lb. ; baking only wants ten minutes for every lb. In both roasting and baking, you must allow a little extra time for any joint surrounded with a thick coating of fat. For instance, you will often find a sirloin of beef cooked, in which the undercut is quite underdone, and the other side well done. This is simply on account of the hard suet fat which covered the undercut.

With regard to getting the gravy from the dregs of the dripping, &c., act as with regard to roast beef. (See No. 3.—To ROAST ; latter part.)

Pastry of any kind does not want a steaming atmosphere ; so never try, if you can possibly avoid it, to bake a pie and a joint at the same time, as you will be sure to have heavy crust.

No. 5.—To Grill or Broil.

To grill or broil is to cook over the *top* of a clear fire where the meat is exposed to the heat and occasional flame of the fire. This flame is caused by the fat dropping into the fire and catching

alight. The common fault in grilling is that cooks are too frightened of this flare, which is *the thing* that makes chops and steaks of a good colour. It is quite impossible to give any time for cooking a chop or steak by grilling. It so varies with the fire and the thickness of the meat that to attempt to do so would do more harm than good.

I can only describe to you how a well-cooked chop or steak should be when done. First, nearly black outside, or, at any rate, of a very dark rich old black mahogany colour. Then when cut, the inside should be red, and yet not in the least blue or flabby in the middle. A good rump steak should have a rim of rich yellow fat to it. The steak should be served quickly on a very hot dish. Have the plates scorching hot. No gravy, no sauce, no butter, nothing, but simply the chop or steak as it is, and the meat should be hot enough to burn your mouth. When cut, about a teaspoonful of clear bright red gravy should run out into the plate. The only accompaniment should be a nice, snowwhite, floury potato.

It is not so easy to arrive at this pitch of perfection as you would think. First, you must have a *clear* fire: without this it is no use attempting to grill. The fire, too, must be good, it must not be merely the remains, though clear, of a good fire. We want a sharp, quick heat. Colour the outside of a chop or steak at once; throw little

bits of fat or dripping into the fire, and make it blaze up.

Next, how to tell when it is done. Of course you must turn the chop or steak several times, but never stick a fork into it, as this would let out the gravy and ruin it.

Press the chop or steak with anything, and if it feels spongy, it shows the middle is blue. As I have said, get the outside coloured as quick as you can, and then you can slightly slacken the heat, or, at any rate, as soon as it is dark enough you need not keep on flaring. The fire often will flare of its own accord quite sufficiently from what drops from the steak, without artificial means. The chop or steak, directly it ceases to feel spongy, is done, and should be allowed to rest for one minute on a very hot plate before it is served.

In grilling fish, be careful to rub the gridiron with a piece of fat to prevent the fish sticking, which it is very apt to do. You must watch fish carefully, and move it constantly to avoid this. The only proper way to cook chops, steaks, fresh herrings, sprats, &c., is to grill them. A gridiron that has cooked fish wants a lot of cleaning.

In cooking fish, wrapped up in oiled paper, on a gridiron, you must avoid any flare. The fire must be very clear, the paper thoroughly oiled, but it must not have any oil dropping.

In grilling bones you cannot have too much flare,

or too fierce a heat. What you want in this case is burnt meat—animal charcoal, in fact.

Some persons will attempt to tell you that a chop cooked in front of the fire is just the same thing as grilled on the top. This is all nonsense. They might as well tell you that an oyster out of a tin is the same as a freshly-opened native.

No. 6.—To Fry.

I don't think I am exaggerating when I say that ninety-nine out of a hundred of our English women cooks, say, of ten to twenty years' experience, have never fried anything in their lives. If, however, this expression is a little too strong, it may have the effect of impressing on your minds the fact that cooking anything in a frying-pan, with a little grease to prevent its sticking, is not frying.

I don't mean to say that it is not a nice way of cooking some things, but it is not frying.

To fry anything is to cook it by immersing it totally in very hot fat. In fact, just as in boiling we must let the *water* cover what is boiled, so in frying we must let the *fat* cover what is fried. This same fat will do over and over again; therefore it is in the end more economical than using a little fresh fat every day and throwing it away. Too often cooks put a little dab of grease into a frying-pan, and then pour this grease into that

abomination in any house—a grease-box—“to be sold.” It is the duty of every housekeeper to prevent their servants from coming in contact with the class of men who come round to buy kitchen stuff—bottles, bones, rags, &c. These men are generally simply receivers of stolen goods. The secrets of good frying are—

1. The fat must be sufficiently deep.
2. The fat must be sufficiently hot to make a piece of bread turn colour directly it is thrown in. In fact, the fat should smoke.

3. When anything is floured before it is fried, it must not be floured till the last moment before it is plunged into the fat.

4. When anything is fried that has been egg-and-bread-crumbed, it is best to egg-and-bread-crumb it some little time before it is fried.

5. Shut the kitchen door, and open the window a little way at the top, so as to avoid making the whole house smell like a fried-fish shop. This is really a very important practical point which should never be forgotten.

Now, the reason of some of the above directions is that the exterior of the substance to be fried should be as dry as possible. By this means we get a good colour. Fish is cheap, and, when properly fried, very nice. You cannot have a better model than that cooked at a fried-fish shop. When you fry fish at home, the best, cheapest, and simplest

method is to dry the fish, flour it to make it thoroughly dry, and then instantly plunge the fish in the fat. Then, remember, if the fat is as hot as it should be, a very little time is sufficient to cook the fish. The general mistake is to over-cook it. Fillets of sole will not take a minute, whitebait only a few seconds. The fat for whitebait should be hotter than for anything I know. Underdone fish is very nasty, but this is no reason for systematically over-cooking it. Small mutton cutlets cut from a boned loin (the most economical way of cooking a loin) will not take more than thirty seconds to fry. It is only by following these rules that you will get them red and juicy inside.

In frying fish in batter, dry the fish, flour it, dip in batter, and quickly plunge it into hot fat. The batter must be smooth and thick (See BATTER). As soon as the batter is of a bright golden colour, take it out, and, if the fish is thick, put it in the oven for a few minutes. Remember, the fat is more than a hundred degrees hotter than boiling water, and that the inside part of whatever is cooked goes on cooking after it is taken out of the fat.

When you fry parsley, take care that the parsley is dry. Always be careful and avoid splashing the fat. It is no joke to get a splash of fat of this temperature on the hands or arms.

The reason that fat crackles when it is first put

on is that there is generally water with it. This water sinks, being heavier than fat, then it is converted into steam, and these bubbles of steam, escaping up through the fat, makes the bubbling. When the crackling ceases, it shows the fat is hotter than boiling water, and that is all. If the fat was not moist with water it would not crackle at all.

When you have finished, pour the fat into a basin containing a little hot water, and let it stand till it is cold. When you next use fat, take it out in one large cake, and scrape the part next the water, which will contain impurities, &c.

Whenever anything is fried, let it drain a short time by being thrown on to a very hot dry cloth or blotting-paper. There is a coarse paper sold on purpose.

In frying, always, if possible, use a wire frying-basket. For whitebait this is indispensable.

No. 7.—To Fry Bread.

I have put fried bread under a separate heading on purpose to call attention to the economy of using up stale pieces of bread, by frying them for soups, hashes, &c. I daresay you know that generally hashed mutton is surrounded by sippets made of toasted bread. How much nicer is it to have nice little pieces of fried bread, brown, like a rusk.

French cooking, as I have said before, is the cheapest and most economical in the world. A French workman will live twice as well as an English workman on half the money.

In Paris men go about collecting all the stale pieces of bread that have been dropped on the ground in the better restaurants, and these are fried and put in the soup made for the poor. Why not take a little trouble, and have the stale pieces of bread cut up and fried for your pea-soup or hash, instead of cutting a slice out of a fresh loaf and toasting it? And yet, if I call these pieces of dry bread "croutons," you have a vague, uneasy fear that it must be extravagant.

In frying bread, the bread is best stale. The fat must be deep, and the fat can be made hot in a little stewpan or saucepan if the fire is pretty fierce. It will take some time for the fat to get sufficiently hot. Test it with a small piece of bread, which should turn a light brown in a few seconds. Recollect, in frying bread that the bread will get a darker colour after it has been taken out of the fat.

In frying bread for soup, cut the bread into small dice. In frying bread-crumbs for game, try and get the crumbs the same size. (See No. 20.) In frying larger pieces of stale bread for hash, or for making first-rate sandwiches, avoid having holes near the surface. In cutting bread for frying for

sandwiches (a great delicacy, but not necessarily expensive), cut the bread a quarter of an inch thick. In cutting stale pieces for hash, you can amuse yourself by making fancy shapes, such as hearts, rings, stars, &c., and use up the crumbs for something else. Bread-crumbs are always best stale. In fact, if you wish to combine strict economy with good cooking—and they always go together—stale pieces of bread are really valuable.

In frying bread, be very careful to let them drain directly you take them out of the fat. As I have said before, blotting-paper is the best thing to use. If they get cold with the fat inside, they get greasy. Fried bread can be always allowed to get cold, and then made hot in the oven on a piece of blotting-paper.

No. 8.—To Steam.

Cooking by steam in small private houses is generally confined to potatoes and puddings. Potatoes are cooked in what is called a steamer. This is fitted on tight to a saucepan. Puddings are very often best steamed in a mould. Raise the mould on something on the bottom of a saucepan, and take care it is so placed that it won't easily upset. A very little ingenuity will fix it. The mould can be placed on the bottom of the saucepan itself, if fairly deep. Fill the saucepan about an inch or more deep with water,

and fit the lid of the saucepan on tight, and let it boil. It is best to place something on the top of the mould to avoid the condensed steam dropping into the pudding. As the water boils away, more must be added from time to time.

Some persons recommend placing the mould on a plate placed upside-down in the saucepan, but then the steam will sometimes lift the plate, and over we go.

Don't boil anything in the water with which you steam a pudding. It will often make the pudding taste nasty.

No. 9.—To Boil Vegetables.

In boiling meat, the great point was not to let it boil. In boiling vegetables, the great point is not to let the boiling stop. All vegetables, with three exceptions, must be thrown into boiling water which contains salt in the proportion of a brimming tablespoonful to every half-gallon of water.

In order to obtain a good colour, you must not shut in the steam. Therefore do not put a lid on the saucepan, except to help to make the water boil up, for the cold vegetables thrown in will take the water off the boil. Have plenty of water, especially for greens of all kinds. Choose a big saucepan, and get it full of boiling water in plenty of time. Then the water will come to a boil more

quickly after the vegetables are thrown in. It is also advisable when boiling greens to soften the water by adding a small piece of soda, the size of a big pea, or, say, two peas.

Be very careful to wash vegetables thoroughly, and examine them for slugs, &c. Cauliflowers and greens should be soaked in salt and water for some time for this purpose. Spinach should be allowed to float on water in a deep vessel, and then be lifted out with the hand and placed in deep water in another vessel, in order to let any grit sink. Any vegetable peeled should be thrown into cold water till it is wanted to boil. In boiling cauliflower, cut the stalk so that it will stand upright. Don't let the water boil so violently that it makes the cauliflower jump about, as this will break it. Experience will best tell you when vegetables are sufficiently cooked. As soon as they are tender is the point, and you can try them with a fork. The moment they are done, take them out and serve them, as they get spoilt by over-cooking.

A *very* common fault with cooks is to get their vegetables—greens or cauliflowers, &c.—done long before they are wanted, thereby spoiling them. The only remedy for this is common sense.

The three exceptions to placing vegetables in boiling water are old potatoes, old Jerusalem artichokes, and dried haricot beans. Both these

former, when new, and the latter when fresh, should be placed in boiling water.

In boiling puddings, such as little suet dumplings (time half an hour), put a plate at the bottom of the saucepan, as, when first thrown in, they will sink, and sometimes stick at the bottom of the saucepan and burn. When they swell with boiling, they get light and float. Puddings are generally boiled in a cloth. (See No. 24.)

No. 10.—Stock, or Broth.

Broth, Stock, *Bouillon* or *Consommé*, for they are all one and the same thing, is really the simplest and the most delicious kind of soup. It is the pure juice of the meat, and a few simple vegetables; and the object of the highest-class cooking is to keep this flavour, and not destroy it by the addition of strong herbs, spices, mushroom ketchup, burnt sugar, fried onions, and fifty other methods that cooks have invented for spoiling a good thing. Have you ever tasted really good “*Bouillon*,” or Broth? If you have, you know what good soup is. Your one endeavour, in preparing the various kinds of soups, is to as much as possible retain this flavour. Sugar and cinnamon are both nice things in their way, but we don’t put them into a glass of 1848 Chateau Lafitte.

I am not now speaking of thick soups and

purées, such as pea-soup, &c., but of that large number of soups which consist of some kind of vegetable or grain served in a clear broth. I will endeavour to explain how to make this kind of broth in a cheap and inexpensive manner, without buying gravy beef expressly for the purpose.

This clear, bright, straw-coloured broth is by far the most expensive to make good ; and, as it is necessary for success to have, if possible, a high model before us, I will first describe, *very briefly*, how to make broth for clear soups in a first-class manner.

High-class stock is made by placing gravy beef, leg of veal, a few carrots, turnips, leeks and celery in a large saucepan on the fire, in cold water, and bringing this very slowly to the simmering point, and letting it simmer for some eight hours, and then the broth is strained off into a large basin, and kept in a cool place. The flavour of this is often afterwards improved by the addition of the bones of rabbits and fowls. The stock obtains its colour by being boiled away till it gets gluey, and when it gets thick it gradually obtains a bright colour, at first like a beautiful bright sherry. The heat is then slackened, and the stock-pot filled up with water. Then we have our broth, or soup ; no flavouring, except its own inimitable one ; all we add is a very little salt, and if leeks are scarce one or two onions instead.

This method is, of course, not adapted to small families with limited incomes, but we can learn from it several things. First, to save our rabbit-bones and fowl-bones. Next—it is hardly necessary to add, but really there is no limit to some persons' stupidity—we should always save the liquor in which any kind of meat has been boiled. The boiling down to obtain a colour—or what cooks call boiling down to a glaze—naturally suggests Liebig's Extract of Meat; and I would here state that I consider a *proper* (not extravagant) use of extract of meat one of the most useful and economical of processes in modern cooking in small houses. I would advise every housekeeper never to be without it. I would also advise the mistress, if she does not do the cooking herself, but simply superintends it, to keep the extract of meat under her own care, and put it in herself. It is a sad fact, but the poorer the class from which they spring, and the more ignorant the servants, the more recklessly extravagant will they be found.

Capital stock can be made from beef and veal bones, but then this stock, though good and nutritious, will rarely be bright; and, as occasionally we want some really good, clear soup, I will describe how to make some. We will suppose some occasion, by way of example, when one entrée is required for the next day's dinner.

I would here just note that in England the order of dinners is generally—1st, soup ; 2nd, fish ; 3rd, entrées, *i.e.*, savoury dishes, such as oyster patties, curried rabbit, &c. ; then 4th, a joint ; 5th, game ; 6th, sweets ; and cheese last of all.

Our entrée for to-morrow's dinner will be curried rabbit, and we want some really good clear soup. I think to make good clear soup a little knuckle of veal necessary, and we will, therefore, on this occasion buy two pounds of knuckle of veal for the soup. This will cost, as it is chiefly bone, little more than a shilling.

I may here mention that this is the only occasion in the whole of the present book in which I shall order the buying of meat for making soups or gravies of any kind whatever.

We must have by us two pounds of knuckle of veal, one rabbit—(the rabbit is not *essential* to the stock)—one onion, one head of celery, a good bunch of parsley, one turnip, one carrot, two leeks, a little extract of meat, and I will call this

Stock No. 1.

First, put the rabbit into cold water, with about a tablespoonful of salt to a quart, to soak for a couple of hours, or longer. This gets rid of the blood, and makes the meat whiter and more tender.

Next, chop up the knuckle of veal into several

pieces ; remove any fat, and also particularly any marrow that may have been in the bone. Get a large gallon saucepan, be careful it is thoroughly clean, especially the lid round the rim. Take a little piece of butter and grease the bottom ; then place in it the chopped-up veal, part of one head of celery (some of the best part should be kept for handing round with the cheese), one onion (in which you may stick four cloves), one carrot, one turnip, two leeks, and a bunch of parsley. All these vegetables must be *thoroughly clean*. Fill the saucepan half full with cold water (two quarts), or, still better, the liquor in which fresh meat has been boiled, add a saltspoonful of salt, and put the saucepan on the fire, and let it simmer gently, occasionally skimming it, for four or five hours, or even longer. Be careful it does not boil. Next, take the rabbit out of the salt and water. Cut it in half through the back, wash it carefully from any clots of blood that may appear, and place it in the saucepan to simmer gently for from half an hour to three quarters, according to the size. Add also to the stock, if possible, a slice of raw lean ham, about half a pound. When the rabbit is done, take it out carefully without stirring up the stock, and place it on a dish and carefully cut it up, taking all the meat from the bones. Place the meat on a clean plate, cover it over, and put it by for curried rabbit.

(See RABBIT, CURRIED.) Next, put back into the stock-pot or saucepan the rabbit-bones, and any gravy that may have run into the dish, and let them simmer for half an hour longer.

Now take a cup—a breakfast cup is best—and ladle out the stock, which we suppose has not boiled, into another saucepan. You must first move the saucepan to the side of the fire. Ladle out the stock by pressing the cup gently on to the meat and vegetables that are left, but be careful not to stir it up. If you have followed these directions you will get out probably about three pints of stock or broth; this will make the soup. Now bring these three pints that have been ladled to a boil in another clean saucepan. Let it boil for two or three minutes, and then strain off the liquor through a fine sieve into a basin, and put it by in a cool place till the next day.

In the meanwhile add a quart of water to the bones and vegetables left in the saucepan, bring it to a boil, and let it boil for an hour or two more; then strain it off through a sieve, and press the meat and vegetables in the sieve so as to drain as much as possible all the liquor away. Put this by to settle in a basin.

The first basin in the morning will be found to contain three pints of *clear* stock—a jelly, or very nearly one; remove any fat that may be on the top, also any sediment that may be at the bottom. This

sediment may be added to the thick stock ; make it hot, and add a little pepper and salt to taste, and, say, a good-sized teaspoonful of extract of meat—this will give it the required colour. Before adding the extract of meat see if it is *sufficiently* bright ; if not, proceed to clear it according to the directions given in No. 18. The second basin will contain a quart of stock also probably a jelly, but not bright, still very strong and good. This can be used for making the curry sauce for the rabbit, for making any rich, thick, brown gravy, &c., as afterwards directed ; but as it will not be clear it will come under the heading of Stock No. 3.

This clear stock is the basis of all clear soups. Macaroni soup is macaroni washed and boiled tender, and then put into Stock No. 1. The same with vermicelli soup. Spring soup is young vegetables boiled, and put into Stock No. 1. Sago soup is sago washed and boiled separately, and put into Stock No. 1, &c., &c.

The two principal things to remember are—first, to skim the stock carefully, especially in the early part of simmering. Secondly,—don't let it boil while the meat is in it.

There are various ways of completely spoiling this nice soup. I will give you a few of the ways most commonly pursued, so as to show you “ How not to do it.” You can make the soup lose all taste of the meat by adding ketchup. If this

is not sufficiently wicked, you can add a little Worcester sauce. I have known it done.

Under the stupid impression that soup is not good unless it is dark, you can add a lot of burnt sugar, or boil burnt onion in it in large quantities. This will give the nice straw-coloured soup the appearance of beer. But the ways of "flavouring soups" are infinite. I will give my one receipt:—

How to flavour soups—Don't !

STOCK No. 2.—QUICK AND CHEAP.

A bright clear stock inferior to the above can be made by placing in a saucepan a few sticks of celery, one carrot, one turnip, a little parsley—*i.e.*, two or three sprigs—one onion with four cloves stuck in it, and a couple of leeks. Let all simmer for an hour in about a quart of water, and boil for ten minutes at the finish. Add a saltspoonful of salt. Strain off and dissolve an ounce of gelatine in this, and add a good teaspoonful or more of extract of meat. A little pepper and salt to taste. Thicken with a teaspoonful of corn-flour (see No. 11) to take off the thinness. A still cheaper way is to leave out the gelatine altogether, and have rather more corn-flour in it. Do not, however, make it thicker than thin cream.

The vegetables are not *all* indispensable, but you must have an onion or leeks. Celery is next

in importance. If you don't mind garlic, and want to give this soup a "foreign air," rub a piece of crust of bread, or the bottom of the saucepan, with a bead of garlic; throw the bread in the soup when hot, and leave it in a few minutes, and then take it out. When this is done a little cayenne is an improvement. In straining off the vegetables, squeeze as much goodness as you can out of them. Of course the chief goodness of this soup depends upon the amount of extract of meat you use. But do not put in too much, so as to entirely over-ride the flavour of the vegetables.

Stock No. 3.

Act precisely as in making Stock No. 1, only, instead of putting in the knuckle of veal, use—say, three-pennyworth of bones—fresh ones from the butcher's—or any bones you may have by you—such as a leg-of-mutton bone, or a sirloin-of-beef bone. Add water, or, what is of course far better, the liquor in which fresh meat has been boiled—such as a leg of mutton, or, better still, a silverside or aitchbone of beef. Indeed, the liquor of these last two joints will make good soup for No. 1 without knuckle of veal, or for No. 3 without bones. Use the same vegetables. Simmer for some time at starting, but afterwards you may let it boil, then strain off carefully; and sometimes

it is as well to put a pint or so of water with what is left in the sieve back into the saucepan to boil for half an hour, so as to get out all the goodness.

When you make this stock—and sometimes it will have to be made in very small quantities, as with one leg-of-mutton bone—your own common sense must tell you how to decrease the vegetables in proportion, perhaps leaving some out altogether. Try and think of all you can to help. Have what people call “a look round.” I will think of a few possible things for you to come across. The remains of the gravy from the mutton the first day it was cooked, in a basin or cup in the larder, with hard pieces of thin white fat on the top. Just the thing to help: put it in the stock; all except the grease. At the bottom of a basin containing dripping, on lifting the dripping with the help of a knife, you may find a tablespoonful or more of jelly. This will help. The remains of a carcase of an old fowl with bare ribs—like the picture of a dead camel in the desert—or perhaps there is a piece of cold boiled bacon. See if there is a bone with a little lean clinging to it that can be extracted; any gravy left on a dish—in fact, bear in mind the old saying, “Every little helps.”

This stock will very likely be greasy. This will a good deal depend upon the state of the bones originally. But always cut off what fat

you can, and take away the marrow if there is any. This marrow will help to make a little pudding, and the fat can be “run down” into dripping.

It is always best to make stock the day before it is wanted. If you want a little to go on with directly, after you have strained it off, if it is greasy, put it in a saucepan to simmer, or rather to nearly boil, so as to throw up occasional bubbles ; then skim the top off freely into a basin, and go on skimming off the top, stock and grease together, till there is only enough left in the saucepan for what you want. This will be free from grease. Let the remainder get cold, and take the fat off it when it is cold. Recollect, however, even then it may still be greasy, as often fat is held in a sort of dissolved state in the stock ; this fat can be got rid of as we will show you in our next—Stock No. 4, or Greasy Stock. Extract of meat must always be added, for making *coloured* soups, to this stock—a good teaspoonful to a quart.

This stock we have been describing—No. 3—is the basis of any thick soup or gravies. It may be coloured and thickened, and added to in a variety of ways as directed hereafter.

Always try and have a little by you. Put by odds and ends, such as bones of any description, especially poultry bones, and rabbit bones. Cut off bits—“flap”—of joints when raw. Pieces you

know will be left. In fact, always have an eye to your "stock-pot," never mind how small it may be.

NO. 4, OR GREASY STOCK.

By greasy stock I mean the liquor that has boiled—say, a leg of fat pork, or a piece of bacon, or a pig's head. This stock, although it is so greasy, is just what is wanted for making pea-soup and lentil-soup, and also for boiling haricot beans, a very cheap, nice, nourishing form of food too much neglected in this country. It will also make capital potato-soup out of cold potatoes, also rice-soup, cabbage-soup, &c. These will be described under their different headings; but recollect that to make the stock to the best advantage, you must boil such vegetables as you decide to use with the bacon or pork, as by doing so you not only get a better stock, but you greatly improve the flavour of the meat.

When stock is very greasy, you must let it boil gently by the side of the fire, and now and then throw in a little cold water. This will first stop the boiling, and then it will "throw up its fat," which will collect on the top, and can be taken off in a film that will hang from the spoon. Let it boil away a little, and then throw in a little more cold water, and go on taking off the fat from time to time.

You must let it boil away, or the cold water will make it too weak. When you have thickened anything with brown thickening (see No. 12) you must get rid of the grease and butter this way. You need not stand and watch it, but see to it every now and then. Or, perhaps still better, bring the greasy stock to a boil, and take the saucepan off the fire. In four or five minutes it will be covered with a film of grease that can be lifted with two forks, it clings so together, but a spoon and fork do the work better. Take off this film, and put the saucepan on the fire, and make it boil again; then take it off, and in another few minutes another film will have risen, and so on—for a dozen times in some cases.

This getting rid of grease, or rather knowing how to get rid of grease, is very important, as it saves us sometimes throwing away stock that can be turned to account. The soul of economy in cooking is not merely not buying expensive things, but also never throwing anything away.

The stock or liquor in which salt pork and salt beef has been boiled can be used in making pea-soup, &c., in moderation, if not too salt. It can be added to soup that has had no salt in it till the soup is sufficiently salted, but you must be careful, or you may sometimes waste the whole soup by finding it too salt to eat. This is one great drawback to salt meat, and also a reason why salt meat

should be first soaked in cold water. The same with pickled pork, tongues, &c.

No. 5.—FISH STOCK.

Never throw away the water in which fish has been boiled : it is valuable for making fish sauce, and also soup maigre. Therefore, in boiling fish, when the stock is or may be wanted, be careful about not putting in too much salt. Salt in quantity is not essential for boiling fish, and some fish will leave the liquor in which it was boiled a hard jelly when it is cold. This, of course, contains nourishment.

For reducing stock, see No. 26.

No. 11.—To Thicken.

The expression is often met with in cookery books "Thicken with a little butter and flour," or "Thicken with a little arrowroot;" but this expression requires some little explanation for novices. Besides, there is a great art in thickening, and many nice dishes have been spoilt owing to cooks being ignorant of the proper method. The commonest ways of thickening are with flour, corn-flour or arrowroot, butter and flour, and eggs. Perhaps the most useful method of thickening is with butter and flour mixed. But I must here impress on you the importance of first, so to speak,

“cooking” this butter and flour. Suppose you have some thick soup, say, mock-turtle. If you thicken this with butter and flour plain, the soup will have a gruelly taste and a pale brown colour. If you thicken with butter and flour cooked—*i.e.*, with *brown thickening*—which does not cost one farthing more, you have a rich brown soup worthy of the Freemason’s Tavern. Indeed, the difference between good mock-turtle soup and poor gruelly mess is often simply, that one is thickened with butter and flour, and the other with brown thickening, or what the French call “brown roux” : the cost of this being only a few minutes’ trouble. I will describe the different ways of thickening under their various headings.

No. 12.—Brown and White Thickening.

Suppose you want to thicken some good stock—say No. 3—to make some brown gravy. Take a tin, and place in it equal weights of butter and flour, or, perhaps, rather more of the latter. Put it in the oven, and, when the butter has melted, stir the flour well in, and mix it thoroughly together with a spoon. Let it bake till it gets a little brown on the top, then stir again, and continue baking and stirring till the mixture is of a nice, rather light-coloured, chocolate colour. This is brown thickening.

Then take a spoonful of this, and put it in the gravy, which should be boiling. Stir it up, and let it dissolve. This will thicken the gravy. Add gradually, so as not to get the gravy too thick.

The common mistake of cooks with thick soups and gravies is that they make them too thick. Throughout this book we shall use the expressions "as thick as milk," "as thick as cream," "as thick as double-cream." I am speaking of good country milk, not London milk. Gravy—*i.e.*, ordinary brown gravy for a roast fowl or roast turkey—should look the colour of chocolate, and be barely much thicker than milk—certainly not so thick as cream. The difference in the *flavour* of gravy thickened with brown thickening and plain flour and butter is the same difference as the crust of a fruit-pie before it is baked and afterwards—one nauseous, the other delicious. In fact, in both cases it is the question of butter and flour cooked in the one case and not in the other.

Whenever you use *brown* thickening, you must skim the gravy. (See STOCK No. 4, or GREASY STOCK.)

White thickening is butter and flour baked, but taken out of the oven before it has turned colour. White thickening is used for all kinds of white soups and white sauces. These need not be skimmed, as the butter need not be removed.

Brown thickening will keep good for months; and, if you are in the habit of having thick soups

and gravies often, it is a great saving of time and trouble to make it in some large quantity. When done, it can be put by in, say, some empty marmalade pots, and then you will have it by you at any moment, as it is very inconvenient constantly going to the oven. If necessary, you can make some small quantity in a frying-pan, but you must take care it does not burn; and, besides, you will have to keep scraping the bottom constantly. Therefore the frying-pan must be very clean.

The best method to make brown thickening to keep is to get an enamelled saucepan or stewpan (an enamelled one is best), and put in it, say, half a pound of butter to clarify: *i.e.*, dissolve the butter till it is like oil; skim off the white scum, and pour the oiled butter into a clean basin, all except the milky dregs at the bottom. This is now clarified butter. Next, take rather more than half a pound of flour, thoroughly dried and carefully sifted. It is best to dry it in front of the fire on an old newspaper. Add the flour to the butter, which must be poured back into the clean saucepan or stewpan, and stand the stewpan on the fire, stirring the flour and butter to prevent its burning. A wooden spoon is best. You will want a tolerable amount of heat. Have ready on a plate a large slice of onion.

Keep stirring the mixture till the whole has turned a nice bright fawn colour. As soon as it

begins to change colour, you must stir, if possible, more industriously than ever. When it is the colour we say, take the stewpan off the fire, and keep stirring for a minute, and then throw in the slice of onion, which will help to check the heat, besides imparting a nice flavour. You will find that the butter and flour will go on cooking for some time after you have taken the saucepan or stewpan off the fire. Go on stirring till the mixture ceases to "frizzle." Take out the slice of onion, and put the brown thickening, in a hot state, into a jar. It will keep good for months, and, when cold, will cut and look like chocolate. If possible, always have some in the house. A spoonful of this, with a little stock No. 3, will make a rich brown gravy in two or three minutes.

Recollect always that the sauce will never get thicker till it has boiled.

It is cheaper to make brown thickening in large quantities than to thicken with a little butter and flour, made just when it is wanted. Cooks rarely guess the *exact* quantity, but, to make sure, make too much, use what they want, and alas ! too often *throw the rest away*.

No. 13.—To Thicken with Flour, Corn-flour, &c.

In thickening anything with flour, corn-flour, arrowroot, &c., the chief point to be considered is,

how to avoid getting the gravy, or whatever is thickened, lumpy. Suppose we are going to thicken, say, gravy. Proceed as follows. First have the gravy in a saucepan boiling gently. Next take a cup, and put in the cup as nearly as you can guess the amount of flour, or corn-flour, &c., that you want; mix it up with a little cold water, and make it smooth with a spoon. Then add it, one spoonful at a time, to the gravy, and stir the gravy quickly as you put it in. Let the gravy go on boiling gently, and you will see when it is thick enough. Don't waste the flour, &c.; it is very easy to mix a little fresh if you have not enough.

If you were to throw the flour or corn-flour in raw, you would get it all lumpy.

If by chance you have got gravy or soup lumpy, pour it through a sieve and rub the lumps through.

No. 14.—To Thicken with Eggs.

When we thicken anything with eggs, what we must chiefly think about is to avoid getting the mixture "curdled." 1st. Anything that has to be thickened with eggs will curdle if it boils. 2nd. Eggs won't thicken anything at all till the mixture nearly boils; consequently we must be careful.

Custard is a good illustration, as custard is

simply sweetened milk thickened with eggs. Take half a pint of milk, boil it in a small saucepan, and pour it into a jug. Put a large saucepan on the fire, half full of boiling water. Break a couple of eggs, yolks and whites, into a basin, and beat them up with a fork, adding the hot milk (which should be first sweetened), at first a teaspoonful at a time, and keep beating up the eggs till they are thoroughly mixed, and will allow a fork to pass through them like water, *i.e.*, with nothing hanging from the prongs. Add the hot milk and stir up; then pour it all back into the jug.

Place the jug in the saucepan of boiling water, and keep stirring till the custard gets thick, then take out the jug and keep stirring till the custard is lukewarm.

No. 15.—To Break Eggs.

In breaking eggs care should be taken not to break the yolk, as in most cases eggs are spoilt when the yolk is broken; as, for instance, poached eggs, fried eggs, &c. First, recollect eggs should *always* be broken separately into a vessel, and not dropped one on to another, as one bad one would then spoil the lot. To break an egg, take a basin, and hold the egg in one hand and the basin with the other; give the egg a little smart tap in the middle on the edge of the basin. Then

take the egg in your two hands, put it crack downwards, holding it as low as you can in the basin, and gently open it upwards, like a hinge. Avoid letting the contents drop any distance. The two half eggshells should be two cups* nearly the same size.

In breaking an egg, when you want to separate the yolks from the whites, proceed as before ; but instead of holding the egg over the basin crack downwards, hold it sideways, with the big end downwards. Now open the egg like a hinge, and a quantity of white will run over into the basin, but the yolk and some of the white will keep in the hollow cup or eggshell. Then pass the yolk from one shell into the other very gently, and in doing this try and drop as much of the white as you can. You will find this easy, and very soon you will have the yolk quite free from the white.

No. 16.—To Chop Suet.

In chopping suet, first try and get *hard* beef suet. There is a great deal of difference between suet and fat, although suet is fat. Get a clean, dry chopping-board, and a fairly sharp knife or chopper. Sprinkle a little flour over the suet, to prevent the suet clinging or sticking to the knife or chopper. When you have chopped the suet sufficiently, put it in a basin and shake the basin a

little. This will bring the big lumps to the top ; take them off and chop a little more. Remove carefully all the skin first.

In chopping lemon-peel for sweets, adding a little powdered sugar is a great saving of time. In chopping lemon-peel for stuffing, salt should be used.

In chopping parsley, be sure the parsley is thoroughly dry, or else it will cling to the knife and give a lot of trouble.

No. 17.—To Stuff.

To stuff means to place stuffing or forcemeat inside a joint, bird, or fish. The great art of stuffing consists in—first, getting in plenty of stuffing without disfiguring the shape ; secondly, in taking proper precautions against the stuffing coming out during the process of cooking. In stuffing birds it is nearly always advisable to sew up the opening with a needle and thread. In ducks, geese, hares, rabbits, the stuffing is put inside where the entrails were taken out. Turkeys and fowls are stuffed in the crop, an opening in the neck. A leg of pork is stuffed by raising the skin in the knuckle-end, getting as much stuffing between the skin and meat as possible, and then fastening the skin on securely with string. When anything boned, such as half a leg of mutton, or a loin of mutton, or breast of

veal, has to be stuffed, the stuffing should be placed where the bone was. A breast of veal, as well as a loin of mutton, when stuffed should be rolled and tied up. Fish is sometimes stuffed where it has been cut open. By far the best way of stuffing fish is to bone the fish (see No. 22) and then place the stuffing where the bone was.

No. 18.—To clear Soups, Jellies, &c.

When you have stock such as Stock No. 1 (See STOCK) or jelly made from gelatine, not quite bright, they can always be made so by means of one or two whites of egg. Clearing stock, however, I think takes away somewhat from its goodness. Suppose you have, say, three pints of stock, or a quart of jelly, which you wish to make very bright. Take a couple of eggs and separate the yolks from the whites (See No. 15) as the yolks had better be reserved for making a little custard or a pudding. Beat up the two whites and the shells with a little cold water very briskly with a fork, or, better still, a whisk. Have the stock or jelly on the fire hot, but not boiling, pour in the whisked whites and water and broken-up shells, and stir the whole up, and continue to stir till the whole boils. Let it boil gently for a quarter of an hour, and then strain it off through a flannel bag, called a jelly bag. After you have poured a little through the bag, take up

what has gone through and pour it into the bag again. It will soon run quite bright ; when it runs bright let it all run through.

This flannel bag should be made of new flannel that has been well scalded ; it should be kept very clean, and washed thoroughly in hot water, but no soap or soda should ever be used in cleaning it.

In clearing first-class stock or soups, some cooks add gravy beef, and even the white meat of fowls that has been sent through a sausage-machine, but this is very extravagant.

In cold weather the operation of running it through the bag had better be done in a hot place, as, when the jelly begins to set it won't run through at all.

No. 19.—To Colour.

Sometimes you will want to colour gravy, &c., and yet not use brown thickening ; for instance, in hash, where brown thickening would be unsuitable for the gravy. You should thicken this gravy with a little corn-flour, and you should try and get a nice rich colour. To add extract of meat in sufficient quantity would be extravagant ; therefore, use what the French call *Caramel*, which is burnt sugar and water. The best way is to have a little always ready in a bottle. Take some brown sugar, and melt it in a frying-pan till it is quite dissolved and looks like brown paint, then add enough water so

as to make it into a sort of syrup. Put this by in a bottle for use. Don't make anything too dark, so be careful in using burnt sugar not to overdo it. You should not be able to taste the sugar.

Sweets are coloured pink and red with cochineal ; a sixpenny bottle of cochineal will last a very long time, as a little goes a long way. Cochineal may be used for making a corn-flour pudding look pink ; it will colour sweet sauce pink ; it will also make jelly a beautiful colour ; and it helps to make rhubarb when young a nice colour ; also stewed pears, &c. Don't use cochineal for lobster sauce or shrimp patties ; the red coral of the lobster should be used for this.

To colour anything green, such as green pea-soup, by far the best thing is spinach-juice. Parsley-juice is sometimes used, but it is often bitter. Still, where there is a large garden with plenty, it may be tried ; very little water should be added and great pressure used. A lemon-squeezer will be found useful in extracting the juice. Turmeric may be used sparingly if a yellow colour is wanted, or saffron is harmless.

No. 20.—Bread Crumbs. To Egg-and-Bread-Crumb.

The best way to make bread crumbs is to rub stale bread through a wire sieve, as this ensures

the crumbs being free from occasional large ones. A wire sieve is a necessity, where economy is considered; or good cooking desired. You cannot make pea-soup properly without one.

When you are told to egg-and-bread-crumbs anything, for instance, a veal cutlet or a sole, it means you are to dip it in a raw egg well beaten up, and then sprinkle it with as many bread crumbs as will stick to it.

Take, say a sole or cutlet, the way to egg-and-bread-crumbs it is as follows:—Make plenty of bread crumbs, as we have said, and put them on a dish or plate; next take an egg and beat it thoroughly, so that it runs through the prongs of a silver fork like water—that is, it does not hang. If you add a teaspoonful—no more—of boiling water it very much helps you to beat the egg thin. Next dry the sole or cutlet and flour it, so as to get it perfectly dry. The object of the flour is the same as in washing a baby. You dry it and powder it, the powder simply ensuring its being dry, then dip the sole or cutlet in the beaten-up egg, and let the egg drain off it for a few seconds by holding it up by the end; throw the sole or cutlet lightly on the bread crumbs and sprinkle some more on the top; let there be plenty, but don't pat it. Leave the sole or cutlet resting on the bread crumbs till you dip it into the smoking hot fat. It is advis-

able to egg-and-bread-crumb anything some time before it is fried. The drier the crumbs the better if a good colour is wanted.

No. 21.—To Rub Through a Wire Sieve.

This is a most important operation in cooking: you cannot get a purée without it, or pea-soup, or curry. It is a most economical process. A wire sieve—a small one—can be bought for one shilling and fourpence, and will very soon more than repay its cost.

Suppose we have some pea-soup or curry to rub through, containing peas, or celery boiled tender, carrots, fried onions, &c. Get a basin rather bigger round than the sieve, take a wooden spoon, and keep pressing and scraping sideways. Of course the liquid part will all run through directly, but a spoonful of the liquid should occasionally be taken out of the basin for the purpose of moistening what is left in the sieve. Every now and then you should scrape the bottom of the sieve on the lower side into the basin, as what is sent through sticks and clings there. This will help to send it through quicker. Don't give up, but, as a rule, try to send all through. Of course, sometimes stringy parts won't go through, but the process requires patience, good temper, and determination.

Wire sieves should be washed thoroughly with a brush, well rinsed with very hot water at the finish, and put by dry. The heat from the water will make the wire hot, which helps to dry it more quickly. All sieves (ordinary ones) should be dried before the fire after being washed.

No. 22.—To Bone.

It is more economical to bone a joint before it is cooked, as the bones help to make stock. One of the most wasteful joints is an ordinary loin of mutton, where the people who eat it are rather dainty. Very often the whole of the end of the chop is left on the plate, and also the bone is only half picked.

In boning any joint—that is, taking out the bone in a raw state—of course it is important to get the bone out as bare as possible. The great secret in boning is to keep the knife constantly against the bone. Ribs of beef are always best boned and rolled, unless you can afford a very large joint indeed. The butcher will generally bone a joint for you. To watch him do it is worth more by way of a lesson than twenty pages of any book. Boning a fowl or turkey without breaking the skin is an artistic operation, the description of which would be unsuited for the present work.

No. 23.—To Pickle.

To pickle anything is to soak it in some fluid for the purpose of preserving it, or of imparting additional flavour. Pickle for meat is usually composed of water, in which is dissolved common salt, sugar, and saltpetre, and sometimes bay-salt. The effect of saltpetre on meat is to give it a red colour, and make it hard. Tongues are always best pickled. The great drawback to pickled or salt beef is, that the liquor in which it is boiled has nearly all to be thrown away. (See BEEF SALT, and PORK PICKLED.)

Vegetables and fruit are pickled in vinegar. Fruit pickled in vinegar is very popular abroad, especially in Germany, but rarely eaten in England. Vegetables pickled in vinegar, or what is generally known as pickles, are now to be bought cheaper—taking trouble into account—than they can be made at home, and the objections against bought pickles which held good years ago now cease to exist.

Sometimes a pickle is made of wine, spices, garlic, &c. It is then generally called by its French name of *marinade*.

No. 24.—To Boil in a Cloth.

A large number of puddings are boiled in a cloth. The first care should be to see that the

cloth is quite clean, and it is generally best to throw it into scalding hot water for a minute, and afterwards to wring it out. For an ordinary pudding—say, suet (see SUET-PUDDING)—suppose the pudding mixture is ready in a basin, lay the cloth out, and flour it well—*i.e.*, every part of it that is likely to come into contact with the pudding; shape the pudding into a ball, and place it in the middle of the cloth; bring the ends up together, and tie the cloth round with a piece of string very tight. This does not mean that you, so to speak, wrap up the pudding very tight; but, on the contrary, you should allow room for the pudding to swell; *i.e.*, you tie the string round the cloth about an inch above the pudding. Always plunge the pudding, when tied up, into boiling water, and keep the water boiling. A suet-pudding for five or six persons will take about two hours or two and a half hours to boil. When you take it out, put the pudding on a dish or plate, and let it stand and drain for a minute before you untie the string and take out the pudding.

When the pudding is a rich one (such as a Christmas pudding), you should butter the cloth before you flour it. It is also best, on these great occasions, to have a new cloth that has been scalded several times. It is perhaps needless to state that there must be no holes in the cloth.

In boiling a pudding in a basin, wrapped up in a cloth, the basin should have a rim. The cloth should be stretched over the top of the basin, then tied round the rim, and the cloth brought up and tied again.

No. 25.—To Use Garlic.

I know there is with many persons a strong prejudice against garlic. I believe this to be owing to the fact that the majority of English cooks don't know how to use it. It keeps good a long time if kept in a dry place. It imparts, to my thinking, a most delicious flavour if used properly, and is very economical, as a little goes a long way ; one pennyworth will last for a month. I will give you one or two instances. First, remember that as a rule garlic should not be cut or chopped, but its flavour should simply be imparted by rubbing.

Suppose you have a dish of minced beef, mutton, or veal : before you cut up and chop the meat take a bead of garlic—a lump splits up into beads—cut a little off the end first, and simply rub the chopping-board a little with the garlic.

This is quite sufficient to give a rich flavour to the mince.

Again, suppose you have a lettuce for a salad : first get the lettuce quite dry ; then take a salad

bowl and rub the bottom of the bowl with a bead of garlic. Then take a saltspoonful of salt and half a one of pepper, and mix it up with two table-spoonfuls of *good* oil. Toss the lettuce lightly together with this for two or three minutes, then add half a tablespoonful of vinegar. The garlic will be found to have given the salad a most delicious flavour.

Garlic is often a great help in making common materials very savoury.

No. 26.—To Reduce Stock.

To reduce stock is to make it smaller in quantity, but stronger, by boiling and letting the steam escape. This is a process often required, especially in the preparation of white soups, an economical form of nourishment too much neglected. In making No. 3 Stock (see Stock) I stated that extract of meat should be added to the stock for all coloured soup. For white soups we don't want any colour, and the extract of meat would spoil the appearance of the soup. Take that admirable soup for children, vegetable marrow soup; the cost of the vegetable marrow, say, one penny; one quart of milk, fivepence, and a quart of No. 3 Stock, made from bones, say, twopence.

Boil the vegetable marrow, after peeling and taking out the pips, in the stock. When it is

tender, take out the vegetable marrow and rub it through a wire sieve into a basin. Now, boil away the stock in which the vegetable marrow has boiled till the quart has been reduced to half a pint. You must let it boil freely without any lid on the saucepan. When it is reduced to this quantity, add it to a quart of milk that has been *boiled separately*. Add the pulp of the vegetable marrow, and thicken the whole, if necessary, to the consistency of cream, with a little white thickening. (See No. 12.) Fried bread or toast may be served with this soup plentifully. It is an admirable beginning to a dinner for children, who often eat more meat than is good for them. In this soup the only flavouring should be pepper and salt, with the exception, perhaps, of boiling a bay-leaf in the milk.

No. 27.—To Beat Butter to a Cream.

In making cakes and the better class of puddings it is often desirable to beat the butter to a cream before using it. For this purpose place the butter—say, half a pound—in a tolerably strong basin, and beat it with a fork or spoon—a wooden fork or spoon is best. After beating and smoothing it against the sides of the basin, and knocking it about, the butter gradually loses its consistency and comes back into a creamy state, but thicker than cream itself.

No. 28.—To Truss.

Trussing is the process of getting birds (game and poultry) into the proper position for cooking. For instance, fowls are trussed one way for roasting and another way for boiling. Different birds are trussed in different ways; the method will be described under their various headings.

No 29.—Hints on Ornamenting.

It is a very great mistake to think if a dish looks very pretty that therefore it is necessarily an expensive one. I fear few English cooks understand sufficiently the importance of appearances. For instance: fried bacon, clear and crisp, in a clean hot dish, does not cost more than dirty-looking fried bacon in a dish with the fat in it half-cold, with black pieces in it, while the edge of the dish shows dirty, greasy thumb-marks.

Greens are no cheaper when served in green water with a nasty smell, with perhaps one or two caterpillars.

Toast—a nice brown, all over alike—is no dearer than toast that consists of a piece of bread with a black patch in the middle, and white edges.

I fear that to teach some persons devoid of taste how to make dishes look nice and pretty, would be

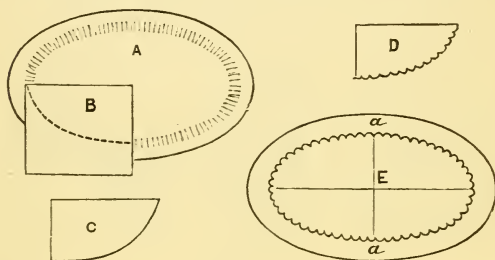
as hopeless as to talk of music to one who cannot distinguish the difference between "God Save the Queen" and an Irish jig. Yet there are many—let us hope the majority—who have an eye for colour, &c., to whom hints may be valuable.

First, Soups.—If the soup be clear, if you have vegetables in it, try and get a few that will make a pretty contrast in way of colour—such as little squares of red carrot, white turnip, and a few green peas. Where there is a garden this is easily done. Again, in cutting the carrot reserve the bright red edge to go in the soup, the pale yellow inside will do for the stock.

In the case of thick soups, try and obtain a rich dark brown. For this, brown thickening is essential. Also take care the grease is all removed, and if you have used black pepper for the soup to flavour it, take care in pouring off the soup you don't pour in the little black dregs at the bottom, which will settle in the soup plates like grit. In the case of white soups, remember the whiter the better, and that when we cannot afford cream we must have more milk, and that the stock must be reduced, the milk boiled separately, in order to get a nice white colour. So again with green-pea soup. Let it *be* green. A little trouble and spinach is all that is required.

Next, with regard to fish. Fried fish should be

ornamented with fried parsley. If you have the fat properly managed—that is, deep and hot—fried parsley only takes a few seconds to cook, but after frying should be placed for a minute in the oven to drain and get crisp. Place a few pieces round

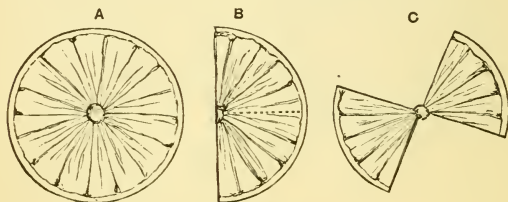


A, the dish; B, a sheet of white paper folded into four. The dotted line, the mark made by pressing the paper down into the inner rim of the dish; c, the paper cut plain; d, with a crimped border; E, the cut paper opened flat, and put into a dish; a, for the fish.

the fish on the paper in the dish in which they are placed. Thick white cartridge paper is best, and can be cut to fit the dish by folding the paper into four, placing the centre of the paper when open—*i.e.*, the point when folded—in the centre of the dish; then press round the inner rim of the dish so as to mark the paper the right size. Next: cut this neatly round without unfolding the paper; then cut a little crimped edge. When you open the paper, each quarter

must be exactly the same size, as they were all cut at the same time.

A slice of lemon will make a pretty garnish for fish. Cut a thin slice of lemon, and cut it in half; then cut each half through the middle of the yellow rim, and open the two pieces, which will be held together by the white piece in the centre.



CUT LEMON.

A, a thin slice of lemon; B, half a slice; C, the half slice cut through the dotted line, and opened for garnishing fish, jellies, &c.

Cut lemon is also a nice ornament for boiled fish. Suppose the boiled fish is a flat one, such as a sole boiled whole, or a plaice, or brill, or turbot; place the fish, with the white side uppermost, on a white napkin—folded round a fish-drainer is best—on a good-sized dish.

Have ready a little dry chopped parsley. Take a knife, and take a little parsley up on the end of the blade, and then knock the blade gently, so as to let the chopped parsley fall from a little height. Next, if possible, have a little red lobster coral,

and act the same with it. The white fish will now be sprinkled over with little red and green specks. Cut lemon and fresh green parsley (not fried) may be placed alternately round. A small red crayfish placed in each corner makes a very handsome garnish, but these are not always easily to be obtained.

If you have no red lobster coral, which is often the case, make a few bread crumbs, which can be done in a second by rubbing a piece of stale bread on the wire sieve. A saltspoonful will be plenty.

Throw them on a plate or saucer with a few drops of cochineal, and shake them in the saucer. This will turn the bread crumbs a bright red directly. These do as well as coral, and a bottle of cochineal (sixpence) with care will last a year. Then take these red crumbs up on a knife, and flip it as before.

The fish will generally look best if you let the crumbs and chopped parsley fall naturally.

Another method of getting "little red specks" for garnishing, is to cut up a red chili. You will generally find one or two in the bottle of pickles, or you can buy them pickled by themselves. Persons who are fond of hot curries, &c., would do well to have a bottle of chilies in the house. When cut up they are a great improvement to hash—especially for those who like "heat."

Suppose we have that cheap and nice dish, boiled

sole filleted. We have the little white fillets of sole rolled up, standing in a dish, say, a vegetable dish, and the thick white sauce, made from thickening the water in which we boiled the bones and fins. (See *SOLE*.)

Suppose we ornament this dish as follows : First. As before, chop half a saltspoonful of parsley and sprinkle with a knife over the fish and sauce. If the sauce is properly thick the parsley will rest on it ; next, have ready the size of, say, a threepenny-piece and about as thick, little pieces of green pickled gherkins ; also the same size round of the skin of a chili, or capsicum, and the outside skin of a pickled walnut ; place a little piece on the top of each fillet. Alternately red, green, and black. This is really a very pretty dish, and the cost of ornamenting almost nil.

The skins of red and green capsicums are also very useful for garnishing.

In serving little entrées, or hash, avoid a large flat dish, but have a smaller and deeper one. Hash looks better, and keeps hot longer, in a vegetable dish than on an ordinary flat dish. Pieces of nicely-fried bread are better than toast. Sometimes a small metal arrow is run into a piece of fried bread in the middle. These metal-plated arrows are not dear.

In sending up joints to table, do what you can to make them attractive. Suppose it is a boiled leg of

mutton with young turnips and carrots : arrange the turnips and carrots around the joint alternately. You can, if you like, cut them into shapes before boiling. Brussels sprouts will make it look still better : alternate green, red, and white.

The cuttings can be boiled and mashed and served up in the same dish in red and white stripes.

Don't swim the dish with liquor or gravy, but send very little at first, and then serve some more boiling hot in a jug to be poured over the meat for the second help.

It is a great point to some to have a fresh plate for this second help. Suppose your husband comes home fagged and tired from a hard day's work, mentally and bodily, in the City : hot sale-rooms or dusty Exchange. He is weary, empty, but not hungry. I fear some women do not grasp the awful weariness produced by brain work. A small help at starting, and a second help as hot as the first, thanks to the second edition of gravy, put temptingly on a clean hot plate, and a fresh knife and fork. Why not ? the cost is perhaps two minutes' extra trouble to an idle kitchen-maid. Your husband's health and comfort ought to be worth more than this ; and yet in how many houses is it done ? The reason is, " custom : " you don't think of it. But then they *do* think of it at his club.

Roast veal should have a rich mahogany colour outside, and glaze can be easily made with the

help of a little soy, which will make a wonderful alteration in the appearance of the dish.

The same applies to roast fowls or pheasants, especially cold. A little glaze, cost one penny, will make all the difference in appearance between a high-class dish and a common one. Dishes such as cold veal or cold fowl glazed require parsley. Veal may also have cut lemon.

Scraped horse-radish is a great improvement to a piece of roast beef or rump steak.

In ornamenting sweets, the two most useful things I know are preserved cherries and angelica. For instance: suppose we have for a sweet part of a tin of peaches or apricots. Pile a few of the peaches up in a dish—a small glass dish—and put a few preserved cherries in the corners, and stick a few pieces of cut angelica into the soft pieces of the peaches. The cost here is nearly nil, yet what a wonderful difference it makes in the appearance of a dish.

Again, a white corn-flour pudding made in a flat mould can be made to look very attractive by putting a few cherries round the edge, and a little green star of angelica with one red cherry for the centre, in the middle, and, say, a little pink sauce round the base.

Salad, especially mayonnaise, can be treated like a white fish, with parsley and coral. Hard-boiled eggs make a pretty garnish. The yolks make a nice

yellow, and the whites will chop fine for white. You can make these chopped whites red by shaking them in a saucer with a few drops of cochineal. Beet-root also makes a nice red.

Again, "The Table" so much depends on appearances. The cloth snow-white, the napkin neatly folded, the glasses bright and not smeary. If in summer, and you have a garden, a few cut flowers in the centre of the table. Avoid yellow, and don't mix pink and blue. Violet, green, and a little white are always pretty, or scarlet and green, but have plenty of green.

In winter an evergreen fern sets off the table; and even though you don't drink wine every day, there is no harm in placing a sherry glass and a coloured glass on the table. It costs no more, and pleases the eye.

Of course, in small houses, a clean napkin every day is not expected, but the creases can be taken out each day with a hot iron at the cost of *a little trouble*.

Some may urge that all this is very nice, but even if it costs next to nothing, it costs time, and time is money. This I admit, but there are very many persons who would gladly employ their spare time, of which they have plenty, in making home more comfortable, if they only knew how to go to work about it.

In ornamenting cold game, cold poultry, a

very nice decoration is aspic jelly, yellow and pink, which can be made very cheaply. (See ASPIC JELLY.) Ordinary coloured sweets can be used for ornamenting cakes that have been glazed or covered with sugar.

Another form of ornamenting entrées, cold fowl, &c., is to stick in a flower cut out of some vegetable, such as turnip or beetroot, in imitation of a camellia.

In conclusion, remember that every meal should be served quietly. No clattering of plates, and rattling of spoons and forks, or, still worse, unseemly direction of, or interference with, servants. However hard it may be when things go wrong, grin and bear it, remembering the good advice of the Wise Man—"Better is a dry morsel and quietness therewith, than a house full of sacrifices with strife."

R E C E I P T S.

Albert Pudding.—Take three ounces of sugar, and rub five or six lumps on the outside of a lemon. Take two eggs and break them, separating the yolks from the white. (See No. 15.) Next beat two ounces of butter to a cream (see No. 27) and mix it with the two yolks. Add gradually the three ounces of sugar, two ounces of flour, and two ounces of fine bread crumbs (see No. 20), and a quarter of a pound of sultana raisins. If not sufficiently moist, add a little milk. Next beat the two whites to a froth with a whisk, and mix it as lightly as possible with the other mixture, and pour it into a buttered mould or basin and steam it (see No. 8) for three hours. Turn it out of the mould or basin into a dish, and serve it with some sweet sauce. (See SWEET SAUCE.) Probable cost, 1s.

Almond Ice Cream. (See ICE CREAM.)

Almonds, To Blanch.—Almonds are usually covered with a brown skin, which can be removed by pouring boiling water over them, when the skins are easily rubbed off with the fingers. Directly you rub off the skin, throw the now snow-white almond into cold water, or it will change colour. Almonds should always be blanched for dessert, when served with raisins. They can also be blanched and cut into strips to ornament tipsy cake or sweet puddings.

Anchovies, To Fillet (*i.e.*, To remove the bone).—Anchovies are usually preserved whole in strong brine. Cut off the heads, tails, and fins, and wash them, removing the white scales by rubbing, in cold water. Then dry them on a cloth and open them, using the fingers, and take out the bone. Each anchovy will make two fillets. These fillets can be cut again in two, longways, when the fillets are wanted thin.

Anchovy Sauce.—Take a quarter of a pint of butter sauce (see BUTTER SAUCE), and add to it a dessertspoonful of grocers' Anchovy Sauce (essence of anchovy.) This sauce is improved by adding some port-wine dregs, a little cayenne pepper, a little lemon juice, and just a "suspicion" of nutmeg. Serve with boiled or fried fish, separately. It should never be poured either over or round fish of any description.

Anchovy Toast.—Fillet six anchovies. (See ANCHOVIES, TO FILLET.) Make some good hot buttered toast, buttering the bread on both sides. Cut the toast into strips as thick as the finger, and place a thin fillet of anchovy—one anchovy making four fillets—on each strip. Place the anchovy toast in the oven sufficiently long to warm the fillet, and serve very hot. If served after a "bachelor's dinner," sprinkle the anchovies with cayenne pepper.

Angelica Candied. Angelica candied can be bought at all large grocers. It will keep good for years, and is exceedingly useful as a garnish for sweets. As a little goes a very long way, it is an economical garnish.

Apple Dumplings.—Take some middling-sized apples; pare them carefully, and cut them into quarters, and cut out the core. Mix together a little butter and brown sugar, and take a clove and strip of lemon-peel, the size and thickness of the little finger-nail. Put these into about as much butter and sugar as will fill the hollow of the apple when the four quarters have been put together again. Put two quarters together. Put the sugar, butter, cloves and lemon-peel into the hollow, piling it up. Place the other two quarters on the top, and surround the peeled apple with some suet crust. (See SUET CRUST.) Tie each dumpling up in a floured cloth (see No. 24), and boil for about three quarters of an hour, or rather longer if the apples are large. Throw them into boiling water. It is dangerous, especially when young children eat the dumplings, to scoop out the core without cutting open the apple. It can be done, but should not be recommended. Great care should be taken to remove all the core.

Apple Dumplings, Baked.—Proceed as before; but instead of tying them up in a cloth, place them in a buttered tin, and bake them in a moderate oven for about an hour. If the oven is fierce, the crust will get done before the apple is tender.

Apple Fritters.—Take some apples and peel them; then cut them in rather thin slices, *across the core*, and cut the core out of each slice, so that it forms a ring. Take a little sugar, and rub a few lumps on the outside of a lemon; then crush and pound the sugar. Press each ring of apple on to this sugar each side; dip it into some stiff batter

(see BATTER), and fry in some lard. (See No. 6.) When fried a nice brown colour, let them drain. Shake some white powdered sugar over them, and pile the rings up on a dish.

N.B.—Put the finger through the hole in the ring when throwing it into the fat, in order to keep the ring shape, as, sometimes, if the batter is very stiff, there will be no hole in the middle. Break off the rough edges before shaking the sugar over them.

Apple Jelly. (See JELLY.)

Apple Pie.—(See PIE, FRUIT.) Peel the apples, cut them into quarters, remove the core very carefully, place them in a pie-dish with a little brown sugar, two or three strips of lemon-peel not thicker than the finger-nail, and proceed as in making an ordinary fruit pie. A few cloves may be added, and many people consider a quince a great improvement. (See QUINCE.)

Apple Pudding.—(See PUDDING, FRUIT.) Treat the apples exactly as in making an apple pie; flavour the same way, and proceed as in making an ordinary fruit pudding.

Apple Sauce.—Peel and quarter some apples, and carefully remove all the core. Place them in a saucepan with sufficient water just to moisten them and prevent them sticking, and, when sufficiently tender, beat them into a pulp with a fork. A small quantity of sugar may be added, as well as a few strips of lemon-peel and a few cloves. This is purely a matter of taste. German cooks would add a little vinegar to make the apples more acid;

English, a little sugar to make them less acid. Recollect, apple sauce is generally eaten with roast goose, roast duck, or roast pork—all rich things; therefore do not add any butter, as is often recommended. The sauce is best as plain and as simple as possible. I should recommend no sugar if the apples are fairly sweet, or flavouring of any kind whatever.

Apples and Rice.—Proceed as in making apple-sauce. Sweeten, and serve surrounded by a border of boiled rice. (See RICE BORDERS.)

Apples, Baked.—Place the apples whole on a buttered dish. Bake very slowly. When tender, place them on a dish, and shake some powdered sugar over them. They are equally nice cold.

Apples, Stewed.—Peel, quarter, and remove the core from the apples. Stew them gently in a little water sweetened with white sugar and flavoured with a few cloves and strips of lemon-peel. When the quarters of apples are fairly tender, take them out and place them on a glass dish. If too much syrup, reduce it by boiling. Then colour the syrup pink with a little cochineal, and pour it over the apples. This is a nice dish for dessert. A spoonful of brandy added to the syrup makes a vast improvement.

Apricot Fritters.—Take a tin of apricots, and pick out the firmest ones for the purpose of making Fritters. (See FRITTERS.) Drain off the syrup. Make them as dry as possible by draining them on a cloth and letting them stand some time.

Next, cover the pieces with finely-powdered sugar, and dip them quickly into thick batter, and then into very hot fat. (See No. 6). Shake some powdered sugar over them after draining from the fat. These fritters require careful handling.

Apricot Jam. (See JAM.)

Apricot Tart, Green.—This is made from unripe apricots and windfalls. Never throw away unripe stone fruit of any kind. Pick them up, and stew them till quite tender in a little water and sugar, and then make a fruit-pie. (See PIE FRUIT.) This equally applies to apricots that will not ripen owing to bad weather or want of sun.

Apricots and Rice.—Get a border of rice, cold (See RICE BORDERS); pile the apricots up neatly in the centre; thicken the syrup with a little corn-flour (See No. 13), and pour over the whole. This dish can be ornamented by placing preserved cherries in the angles of the piled-up apricots, and also by sticking strips of finely-cut angelica into the apricots. The syrup can also be coloured pink with a little cochineal. This is a cheap and very effective dish.

Apricots, Tinned.—Apricots can now be bought very cheap preserved in tins; they are generally in halves. They make an excellent sweet, or can be sent up as they are, with a little of the syrup, for dessert. (See No. 29.)

Arrowroot.—Mix about two dessertspoonfuls of arrowroot in a basin with a little milk or water; then pour on it a pint of boiling milk or water, as the case may be, and keep stirring. This is a

common dish for invalids. It can be flavoured in an almost infinite variety of ways, with sugar, wine, brandy, lemon-peel, nutmeg, cinnamon, &c.

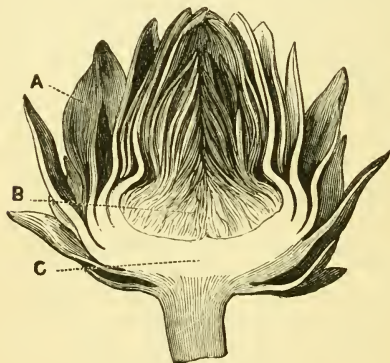
Arrowroot Pudding.—Make some arrowroot as above, with either milk or water, and flavour, according to taste, with grated nutmeg or lemon-peel and sugar. Then pour it into a buttered pie-dish, and bake for three quarters of an hour in the oven. Eggs may be added, by being beaten in after it has been mixed in a basin, but are quite unnecessary, unless required as nourishment for an invalid.

Artichokes, French, Boiled.—First soak the artichokes in strong salt and water for some time, and afterwards rinse them in several waters, in order to expel the insects. (See No. 9.) Cut the stalks even, and trim away the lower leaves and the ends from the upper one. Boil them in plenty of boiling salted water, with the tops downwards, and let them remain until the leaves can be easily drawn out. Send a little Dutch sauce (see DUTCH SAUCE) to table with them. Boiled artichokes often form a separate dish. The leaves should be pulled out with the fingers, and dipped in the sauce. Time, if young, about three quarters of an hour; longer, if old. Allow one for each person.

Artichokes, French, Fried.—Wash, trim, and boil the artichokes as directed in the recipe for boiling. Remove the chokes and the leaves, leaving only the tender part. Cut them into about half a dozen pieces, then dip them in batter (see BATTER), fry (see No. 6) in hot fat until they are lightly browned, and serve with fried parsley. Time to

fry, five or six minutes. Probable cost, twopence to fourpence each. Allow three for four persons.

Artichokes, Jerusalem, Boiled.—Peel the artichokes, and throw them into cold water to prevent their turning colour. Throw them into boiling water, if young, and boil from fifteen to twenty minutes. Try them with a fork to see if they are



ARTICHOKE IN SECTION.

A The Leaves.

B The Choke.

c The Bottom.

tender as, like potatoes, they spoil if they are the least overcooked. The water must be salted. (See No. 9.) Old artichokes must be placed in cold water, and allowed to boil till tender. Directly they are tender, drain them off, and place them in a vegetable dish, and pour over them either some butter sauce (see BUTTER SAUCE), or some white sauce (see WHITE SAUCE). If the

latter, ornament by sprinkling a little chopped parsley over them ; if the former, a pretty way to decorate the dish is to place a boiled Brussels sprout between each artichoke.

Artichokes, Jerusalem, Soup.—(See PALESTINE SOUP.)

Asparagus.—Take care to have the asparagus fresh. When the heads droop they are stale. Scrape the stalks white near the roots. Soak them in cold water, and cut the stalks an equal length. Throw them into boiling salt and water. (See No. 9.) When done, drain them, and send them to table on a slice of hot toast, the white ends outwards each side. Time, from fifteen to twenty-five minutes, according to thickness. Serve a little butter-sauce (see BUTTER SAUCE), or oiled butter separately, but don't pour it over the asparagus.

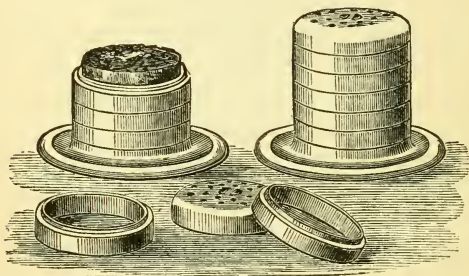
Aspic Jelly.—Aspic Jelly is very useful in ornamenting cold dishes, such as cold roast fowl, &c. Aspic Jelly should be very bright, and is made very cheaply by adding a little gelatine to No. 1 or No. 2 stock (see No. 10), to make it a fairly stiff jelly. If necessary, this can be cleared. (See No. 18.) Add a little lemon-juice—a teaspoonful to half a pint—and warm up the stock in a stewpan which has, if possible, been rubbed with a bead of garlic.

Recollect, in pouring out the jelly to cool, what you require it for. If in strips to make stars, pour it on a flat plate a quarter of an inch deep, *i.e.*, the jelly a quarter of an inch deep. Colour

one plate a light pale yellow, with extract of meat ; another red, with cochineal.

Australian Meat.—Australian meat, or meat preserved in tins—for the same observations that apply to Australian meat apply to all tinned meats—has many great advantages, and equally many drawbacks.

First, so long as it is unopened it will keep good for an unlimited period ; it is therefore always



RING DISH FOR AUSTRALIAN MEAT.

very useful to have a tin in the house ready for emergencies. This applies with very considerable force to those who live far away from the reach of butchers' shops.

Another great advantage possessed by Australian meats is, or rather was, that it is considerably cheaper than ordinary fresh meat. Unfortunately its price has of late risen considerably, and as there is no doubt that it is not nearly so satisfying as fresh meat, its value as a cheap article of food is

considerably diminished. In fact, its value varies in an inverse ratio with its price. It may seem paradoxical, but the cheaper it is per pound the more valuable it is. Very probably its price may go down before long, but this depends on the success or non-success of importing frozen meat.

One drawback to Australian meat is, that it always seems over-cooked. By far the best method of eating it is to have it cold. Its appearance when cold is against it, and therefore the ingenious invention, sufficiently explained by the preceding diagram, is a very useful method of serving it. It should be cut *very thin*. For this purpose it will be necessary to have a very sharp knife.

Australian Beef or Mutton warmed up.—It is possible to warm up tinned meat in a variety of different ways, but as the chief drawback to it is its being over-cooked, you should get the sauce or gravy heated separately, and only add the meat to it for the purpose of being heated through, and served at once. Remember also that the greatest amount of nourishment in tinned meats is in the jelly. I will give one or two receipts for cooking tinned meats.

Australian Meat Curried.—This is perhaps the best method of all for cooking Australian meat. Cut the tin open, and warm the tin just enough to melt the jelly. Pour out the jelly, and with it make some good curry sauce (see CURRY SAUCE); or it can be added to some curry sauce, and if there is much jelly, some more curry powder can be added. Make the sauce hot. Warm up the meat

in it, and serve it up as soon as the meat is hot through. Boiled rice can be served with it, or not, as wished.

Australian Meat, Irish Stew of.—Open the tin, and drain off the melted jelly as before ; peel and slice up half a dozen large onions, and boil them in the jelly till tender, adding water or stock if necessary ; boil a dozen potatoes separately, drain them off when nearly tender, and warm up the meat in the stock with the onions and potatoes, all together. Serve as soon as the meat is hot through. Add pepper and salt.

Australian Meat Pie.—Warm the tin as before ; strain off the jelly. Place this in a saucepan with six beads of garlic, and let it boil gently for ten minutes. Take out the garlic. Add a teaspoonful of salt, another of black pepper, a pinch of cayenne, and half a grated nutmeg. Mix the meat thoroughly in this gravy, and put it in a pie-dish. Cover with a crust (see PASTE FOR PIES), and bake till the pastry is done. Take it out of the oven, and let it get cold.

This pie must be eaten cold, and not hot. If the jelly were insufficient to moisten the meat, some water, or, still better, stock should be added.

Australian meat lacks flavour, and requires vigorous treatment as above. Should such a strong flavour of garlic be objected to, put in less, or an onion, but garlic is best.

Bacon and Beans.—When boiled bacon is served hot, its most suitable accompaniment is boiled broad beans. (See BEANS.) It is impossible to

boil the beans and bacon in the same saucepan without spoiling one of them. Parsley and butter sauce should be served with the beans separately. (See PARSLEY AND BUTTER SAUCE.)

Bacon and Calves' Liver. (See LIVER AND BACON).

Bacon and Eggs.—Bacon fried or grilled is often served with eggs, which may be either fried or poached; if the former, the same frying-pan will fry the eggs, but pour off some of the fat first (see EGGS FRIED, AND EGGS POACHED). The eggs should be placed on the bacon, care being taken not to break the yolks. In the case of poached eggs a very little chopped parsley can be sprinkled over the eggs by way of garnish.

Bacon, Boiled.—Place the bacon in a saucepan, with sufficient cold water to cover it. Bring the water to the simmering point, and let it simmer gently till done—time, about half an hour for a pound for small pieces, less for larger. If possible, add to the water an onion, with two or three cloves stuck in it, one carrot, one turnip, and some sticks of celery. Skim carefully several times. If the bacon is to be eaten cold, let it get cold in the liquor in which it is boiled. When quite done, pull the skin off, and cover with bread raspings. (See BREAD RASPIINGS.) If the bacon is cold when you put the raspings on, hold the top of it to the fire for a minute to make it greasy, and moist enough for them to stick.

Bacon, Broiled.—Cut the bacon into thin slices, and place it on a clean gridiron; turn it once or twice till done, and serve very hot. A shut-up

wire gridiron placed over a clear fire is best, as the bacon is more easily turned. This is a very nice, but an extravagant way of cooking bacon.

Bacon, Fried.—It would perhaps be a better title to call this receipt bacon cooked in a frying-pan, as this is one of the few exceptions where a quantity of fat is not required. The bacon should be cut in rather thin slices and laid in a clean frying-pan that has never been burnt. Our chief care is, not to blacken the fat that runs away from the bacon, and therefore a fierce fire should be avoided. The slices of bacon should be turned occasionally, and cooked slowly. When the bacon becomes transparent, it is sufficiently cooked. If the bacon is liked crisp and brown, rather more heat will be required. Avoid having too much fat in the frying-pan. Remember, you cannot fry bacon in an old burnt and blackened frying-pan if you wish it to look nice.

Badminton Cup. (See CUPS.)

Bake, To. (See No. 4).

Barley Water.—Wash a couple of ounces of pearl barley, and then boil it for about ten minutes in a little water. Pour this water away and the barley will be clean. Then add a couple of quarts of water to the barley, and let it boil away till there is only one quart. Strain off the barley, and let it get cold. Barley water requires stirring before drinking.

Barley water can be flavoured with sugar and lemon-peel, or with any flavouring liked, such as the juice of fruits—liquorice, &c.

Batter.—Plain batter is a mixture of flour and water, or flour and milk, made about as thick as double cream, into which meat, fish, fruit, &c., is dipped and then plunged into very hot fat, which instantly hardens the batter, which forms a case round whatever has been dipped in it.

Simple as the process is of frying in batter, inexperienced persons often fail, simply because they do not give due and proper attention to the following points, absolutely essential to success:—

1st. The batter must be smooth.

2nd. The batter must be thick.

3rd. The fat must be very hot.

In order to ensure the first point, you had better make your batter in a small thick basin. Let the flour be dry and sifted, then place the flour in the basin, add the water or milk gradually, and work it with a wooden spoon against the sides of the basin, and smooth it as if you were spreading a plaster. You *must* have sufficient patience to get it *perfectly smooth*—no lumps whatever.

Next, with regard to thickness: if “double cream” does not convey the idea, remember the batter must be thick enough to cling to whatever is dipped into it, and not so thin that it will run off. For instance, if you dip your finger in proper batter, and take your finger out and hold it down to drain off, yet after your finger has drained, it should be perfectly white and covered, and you should not be able to see the colour of the flesh through the batter.

With regard to the third point, probably the one on which most fail (see No 6.), I cannot too often impress upon your minds the importance of having

the fat sufficiently *hot*. I really don't think I exaggerate when I say that, probably, ninety-nine cooks out of a hundred, whose wages are £20 a year, fail in this one respect.

Very first-class batter is made by adding half a pint of water to sufficient flour to make it the required thickness, and then working in the yolk of an egg. Shortly before the batter is used, the white of the egg is beaten to a stiff froth with a whisk and added also.

Good ordinary batter can, however, be made with plain flour and water, or flour and milk. In every case add a pinch of salt, for half a pint of water half a saltspoonful.

Whenever you fry anything in batter, let it be as dry as possible. Fish or meat should be floured first.

Batter Pudding, Baked.—Take about six ounces of flour and place it in a basin, with just enough milk to moisten it. Next, boil a pint of milk separately, and gradually add the milk to the wet flour, and stir the whole time and work it smooth. Add also a pinch of salt; then beat up two, three, or four eggs according as you wish to have the pudding good, and whisk them thoroughly together. (See No. 15.) Then add these to the batter and mix. The success of the pudding will depend upon mixing thoroughly. Pour this mixture into a buttered dish or tin, and bake in an oven till done. Time, probably from forty to fifty minutes.

Batter Pudding, Boiled.—Proceed as above, and pour the mixture into a well-buttered basin, tie the basin up in a cloth, and boil for rather more than an hour and a half. Be sure the pudding is

plunged into boiling water. (See No. 24.) It is as well to make the basin hot first, then place a little piece of butter in it and move it about, so as to butter the basin. The sooner the pudding boils the better, as the flour has a tendency to settle. In every case of using milk for puddings, it is always best to boil the milk separately. Sweet sauce is a great improvement to Batter Pudding. (See SWEET SAUCE.)

Beans, Broad, Boiled.—Broad beans, to be nice, must be young and fresh. Boil in the ordinary way. (See No. 9.) Time about twenty minutes. These are best eaten with hot boiled bacon or ham. Serve some parsley and butter sauce with them. (See PARSLEY AND BUTTER SAUCE).

Beans, Broad, Mashed.—This is really a way of using up old beans too old to boil. Boil the beans, if old, for rather more than an hour. Take off the hard skins, and mash with a little butter; or, better still, some bacon fat; or, scrape a piece of fat cold boiled bacon, and add. Also add a little pepper and salt. After mashing, make them hot in a saucepan by stirring them about. (See No. 9.)

Beans, French, Boiled.—French beans, like broad beans, should be young and fresh-gathered. Take the beans, and cut off the two ends, and peel off the string that runs down the edge of each side of the bean, one on each side; when young, they are best boiled whole; when more mature, they must be cut in strips; when old, cut them slanting. Boil in the ordinary way. (See No. 9.) Drain thoroughly, and serve very hot. A little piece of butter may be added.

Beans, French (French Fashion).—Proceed as above, and, after straining, put them back in the saucepan, with a piece of butter, some lemon-juice, pepper and salt, half a saltspoonful of powdered sugar, and just a suspicion of nutmeg. The saucepan can also be rubbed *very slightly indeed* with a bead of garlic.

Beans, French, Cold.—The remains of cold French beans make a most delicious salad, dressed with a little oil, vinegar, pepper and salt. (See SALAD DRESSING.) A little chopped parsley may be added, and they may be mixed with cold potatoes.

Beans, Haricot.—White haricot beans are a very cheap and nourishing form of food, too much neglected in England. Put the beans into water to soak over-night, and put a piece of soda as big as a pea in the water. Should any beans swim, throw them away, as it shows they are bad. Then place them in cold water without any salt, or, still better, in some greasy stock, and boil till tender. Strain them off, and serve. If boiled in water, a little piece of butter should be mixed with them after they are boiled.

Beans, Haricot (French Fashion).—Proceed as above. Boil the beans in water; strain them off. Then rub the bottom of the saucepan with a bead of garlic. Put back the beans, and mix in a piece of butter, a teaspoonful of chopped parsley, and the juice of half a lemon.

Beans, Haricot (Another Way).—Boil the beans tender in water, proceeding as above; drain them

off, and add a quarter of a pint of pure olive oil. Rub the saucepan with garlic, and add the chopped parsley, and let the beans stew in the oil for ten minutes or longer. Add pepper and salt, and serve them with some fried bread round the beans.

Béchamel Sauce.—This is a most delicious sauce, and can be made good and cheap without the use of cream. To make a pint of Béchamel, take a quart of No. 3 Stock (see No. 10), and place it in an open saucepan to boil away. (See No. 26.) Boil a pint of milk separately, and, if possible, put a bay-leaf in the milk, and just a suspicion of nutmeg—rub a nutmeg once across the grater, but don't rub it back again. When the stock has boiled away to about a quarter of a pint—take care in doing this, if the stock is strong, that you don't boil it away so much that it gets sticky and begins to turn colour; *i.e.*, don't boil it to what cooks call a glaze—pour the boiling milk on to the reduced stock, and stir it up. Then thicken with some white thickening, or butter and flour (see No. 12) till it is as thick as cream. If it is not smooth, pass it through a sieve. Remember, no extract of meat must have been put to No. 3 stock. Probable cost of one pint, five-pence. A pint is a large quantity, but you can make less by following out the principles of the above directions.

This delicious sauce should be used more frequently than it is. It is a great help to warm up cold fowl, cold veal, or any white meat. It can be served with potatoes. It is invaluable with sweet-breads of every description.

Béchamel Sauce (Quick and Cheap).—Take a little stock (white), and put it into a saucepan to boil. Thicken it with a little white thickening. (See No. 12). Season with pepper and salt. A bay-leaf may be boiled in the stock, and just a suspicion of nutmeg. A few drops of lemon-juice may be added at the last moment. Probable cost of one pint, $1\frac{1}{2}$ d.

Béchamel Sauce. Fish.—Whenever you boil fish, try and get some bones to make fish Béchamel, as its cost is almost nil, and yet it is a most delicious accompaniment to fish.

Suppose we have a sole filleted. Take the backbone and fins, and place them in a little water to boil. A little tiny piece of onion may be added. Boil for some time, till the water is reduced to half a pint, then thicken this with some white thickening (see No. 12), or plain butter and flour, till it is as thick as double cream. Season with pepper and salt, and, if you have a bottle of essence of almonds in the house, you can act as follows:—Turn the bottle upside-down on to the cork; take out the cork, and touch a spoon with the wet end of the cork. Stir the sauce with this spoon. This will be sufficient to flavour the sauce. Also, a little chopped parsley may be thrown in, and a few drops of lemon-juice. This is a very cheap sauce, as the backbone and fins of a filleted sole are generally thrown away. The stock made from them would make a hard jelly when cold. It is much nicer than butter-sauce, or ordinary melted butter, and far cheaper. Probable cost of a quarter of a pint, one penny. You may get this sauce made

exactly this way at some great public dinner. You would then think very likely, "What a delicious fish-sauce! It must be very expensive."

Beef, Aitchbone of, Salted.—Some persons roast this joint, but we think it far superior salted and boiled as follows:—Take a piece of beef, say, ten pounds, and rub into it a mixture compounded of three quarters of a pound of salt, one ounce of dark moist sugar, and half an ounce of saltpetre. Turn the meat each day, and rub the pickle well in every time. Keep in this condition four or five days, when it will be found salt enough for most people. When wanted for use, put it into a large saucepan, with enough water to cover, let it come to a boil, then draw back, and simmer gently for two hours and a half. The slower it simmers the better. Carrots, turnips, and suet dumplings are the proper accompaniments to this dish, only do not boil them with the meat. The soft, marrow-like fat at the back of the joint should be eaten when it is hot, the hard fat left until the joint is served cold. The liquor in which the beef is boiled should not be thrown away, some of it will make excellent pea-soup. Probable cost, 7½d. to 8½d. per pound. Sufficient for eight or nine persons.

Beef, Aitchbone, of, To Carve.—In carving an aitchbone of beef it is necessary that it should be cut across the grain. In order to do this the knife should follow the line from A to B in the following illustration. The meat should be cut as thin as possible, and very evenly. Cut the lean and the fat in once slice, and if more fat is desired it should

be taken horizontally from the side. Before proceeding to serve, a slice of about a quarter of an inch in thickness should be cut from the top, so that the juicy part of the meat may be obtained at once.



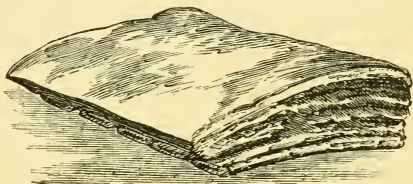
AITCHBONE OF BEEF.

Beef Brisket, Boiled.—This is a cheap piece of beef, costing generally from sevenpence to eightpence a pound. Boil (see No. 1), and serve with boiled carrots, or parsnips, or greens. Small suet dumplings are also a great improvement.

Beef Brisket, Stewed.—Take out what bones you can before stewing ; then place the meat in a stewpan or saucepan, with some carrots cut up, some onions (small ones, previously browned in a frying-pan, are best), a teaspoonful of mixed sweet herbs. (See HERBS.) Stew gently till the meat is thoroughly done. (See No. 2.) When done, it is best to take out the meat, and bring the gravy to a boil. Thicken very slightly with a little corn-flour—(this is not necessary)—and colour the gravy with a few drops of colouring (see No. 19)—(this also is not essential).

Beef, Brisket of, To Carve.—The accompanying engraving represents the appearance of a brisket of

beef ready for table. There is no difficulty in carving it. The only thing to observe is that it should be cut cleanly along the bones, with a firm hand, in moderately thick slices. Cut it



BRISKET OF BEEF.

close down to the bones, so that they may not have a rough and jagged appearance when removed.

Beef, Cold Roast.—As a rule, cold roast beef is so nice, that it is a pity to warm it up, though receipts for so doing will be given under their respective headings, such as mince, &c. In serving up cold roast beef, see that it is placed on a clean dish, sufficiently large. Cold joints should always be placed on good-sized dishes. See that the gravy left on the plate which held it when it was hot is not wasted.

If possible, ornament the cold roast beef with scraped horse-radish and green parsley. (See No. 29.)

A nice salad of lettuce is the best accompaniment, or, indeed, any kind of salad, as well as chutney or pickles.

Beef, Corned.—Corned beef should always be boiled. (See No. 1.) Corned beef will take longer to boil than ordinary fresh meat.

Beef, Corned, Tinned.—One of the best meats preserved in tins is corned beef. The tin should be opened by cutting off the biggest end. Corned beef preserved should be cut thin with a very sharp knife. It makes excellent sandwiches. (See SANDWICHES.)

Beef, Croquettes. (See RISSOLES.)

Beef, Curried.—A very nice way of using up odds and ends of cold beef is to curry it. For instance, the remains of the end of a sirloin of beef. If the beef is coarse-grained, shred the meat with a couple of forks; then warm up in some curry sauce. (See CURRY SAUCE.) Don't let the beef be too long warming up, as it is already sufficiently cooked. Serve some rice, in a separate dish, or the curry can be placed in a border of boiled rice.

Beef Dripping.—This is excellent for making toast, and should be carefully preserved, as it is both wholesome and nourishing. It is not so good for frying purposes as lard, and should be used, where economy is a consideration, as much as possible for making dripping-crust for pies, &c.

Beef Fillet. (See BEEF STEAK.)

Beef Gravy.—Gravy beef is a name used for shin of beef or leg of beef, so called because it is used for making gravy and soups. Gravy beef is, of course, very useful, but where extract of meat can

be obtained, is not essential where economy is a consideration. It is often wanted for beef tea. Gravy beef should be fresh killed, and as much as possible perfectly free from fat.

Beef, Hashed. (See HASH.)

Beef, Minced. (See MINCE.)

Beef, Olives (or Olive.) Get some steak (rump steak, beef steak, or fillet steak), cut thin. You can make one large beef olive if you have a large steak, or you can make several small ones with small slices. The principle is the same. Spread the slices of steak, after sprinkling them with pepper and salt, with a thin layer of veal stuffing (see VEAL STUFFING); then roll the slices of beef well up, so as to keep in the stuffing, tie up the two ends with string, rather tight, and tie up the middle enough to prevent the meat from unrolling or gaping. Bake the beef olive in the oven, and baste with some dripping. (See No. 4.) Place it on a dish when sufficiently baked, and glaze it with a brush dipped in half a teaspoonful of soy mixed with a teaspoonful of gravy. Pour some good brown gravy (see GRAVY) round it, but not over it. This is a handsome entrée, not very expensive. A nicely-cut flower from a turnip, with pink edges, (cochineal,) may be stuck in it.

Beef Pie. (See PIES, MEAT.)

Beef, Potted.—The best potted beef is made from meat cooked expressly for it by placing it in a jar tightly shut, with about a teaspoonful or more of water, and then boiling the jar for several

hours in water, and letting the beef get cold before the jar is opened.

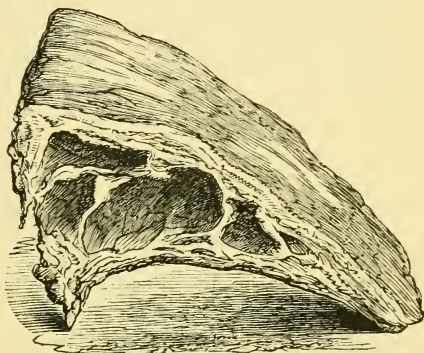
Potted beef is generally made from the remains of cold boiled beef, or, indeed, any cold cooked meat will do. Remove all gristle and skin ; cut it up, and either send it through a mincing machine, or pound it in a mortar, or rub it through a wire sieve. Then mix to every pound of beef half a pound of clarified butter, or less butter if you have a little strong gravy which is a *very* hard jelly when cold. Season with half a saltspoonful of cayenne pepper, a little salt, and half a grated nutmeg. A little dried powdered bay-leaf is an improvement, and you may rub the basin in which you mix the potted meat with garlic.

Press the potted meat into small jars or pots, make them hot in the oven, and then cover with clarified butter, poured on hot, and then let the pots get cold.

Beef, Ribs of, To Carve.—The ribs should be cut in thin and even slices from the thick end towards the thin, in the same manner as the sirloin ; this can be more readily and cleanly done if the carving-knife is first run along between the meat and the end and rib-bones.

Beef, Ribs of, To Roast.—The best piece to roast is the fore-rib, and it should be hung for two or three days or longer, according to the weather, before being cooked. The ends of the ribs should be sawn off, the outside fat fastened with skewers, and the strong sinew and chine bones removed. The joint should first be placed near the fire, and after a short time it should be drawn back and roasted steadily.

(See No. 3.) Baste freely with clarified dripping at first, as there will not be sufficient fat when first put down; keep basting at intervals of ten minutes



RIBS OF BEEF.

till done. Care must be taken not to allow it to burn, as it is very easily spoiled. Serve with horse-radish sauce. Probable cost, 10d. to 1s. per pound.

Beef, Ribs of, Boned.—The most economical mode of cooking ribs of beef is to have the ribs boned and rolled. Take care the ribs are carefully skewered together, and in roasting, it is a good plan to tie the rolled ribs round with a piece of string; roast as usual. (See No. 3.) Of course the bones will help to make the stock.

Beef Rissoles. (See RISSOLES.)

Beef, Roast.—Roast beef is our national dish. The finest joint is the sirloin, and the larger the

better. Next in value to the sirloin come ribs of beef. (For roasting beef in general see No. 3.)

Beef, Round of.—This is generally salted, but it is far better and more economical to boil it fresh, on account of the excellent soup that can be made of the water in which it is boiled. (For boiling round of beef, salt or fresh, see No. 1.)

Beef, Salt.—Beef is best salted at the butchers, and should also be soaked in cold water for a few hours to take off a little of the outside salt. Sometimes, in the case of a sirloin of beef, it is best to cut off the end and salt it. Plain salt and water will do, or it may be treated like aitchbone of beef. (See AITCHBONE OF BEEF SALTED.) The water that has boiled salt beef will help to make pea-soup, lentil-soup, &c.

Beef Sausages, To Make.—The great advantage of home-made sausages over bought ones is, that in the former case you know what is in them, and in the latter case you don't. Get some fresh meat perfectly free from skin and gristle; let the lean be nearly double the quantity of fat, but not quite. Mince freely (a machine is of course best), and flavour with powdered sage-leaves—say, a teaspoonful to three pounds of meat—half that quantity of thyme, and some powdered allspice, and nutmeg, and pepper and salt.

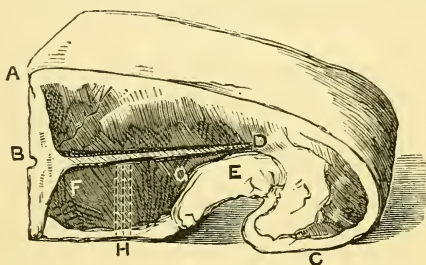
The best fat for sausages is good beef suet. Marjoram may be used instead of sage.

Those who like sausages highly seasoned may increase the herbs and spices, and *vice versa*.

Beef sausages are far best fried and served with mashed potatoes.

Beef, Sirloin of, Roast.—A piece weighing from ten to twelve pounds is best; do not use flour, but roast according to directions given in No. 3. Serve Yorkshire Pudding with it.

Beef, Sirloin of, To Carve.—A sirloin should be cut with one good firm stroke from end to end of the joint, at the upper portion, making the cut very clean and even from A B to C. Then dis-



SIRLOIN OF BEEF.

engage it from the bone by a horizontal cut exactly to the bone, B to D, using the tip of the knife. Bad carving bears the hand away to the rind of the beef, eventually, after many cuts, peeling it back to the other side, leaving a portion of the best of the meat adhering to the bone. Every slice should be clean and even, and the sirloin should cut fairly to the very end. Many persons cut the under side whilst hot, not reckoning it so good cold; but this is a matter of taste, and so is the mode of carving it. The best way is first of all to remove the fat, E, which chops up well to make puddings, if not eaten at table. Then the

under part can be cut, as already described, from end to end, F to G, or downwards, as shown by the marks at H.

Beef-steak (French Fashion).—Cook a steak in any of the former ways, and when it is finished place a lump of butter that has been mixed with a teaspoonful of chopped parsley, on the top. Serve a border of fried potatoes round the steak.

Beef-steak and Kidney Pudding. (See PUDDING, MEAT).

Beef-steak Cooked in a Frying-pan.—Get a little piece of fat to moisten the frying-pan, and place the steak on it over a moderate fire; brown the steak gradually, and try and avoid drying-up and burning the outside too much.

Be very careful not to stick a fork in it and let out the gravy. If steak is of second-rate quality and not very red, this method is preferable to grilling. You will be able to tell when the steak is done, by its ceasing to feel spongy when pressed. If the steak is not very fat, put a little piece of butter on it.

Some persons like a little gravy rather thick, with their steaks. When you have cooked your steak, pour about a wineglassful of water into the frying-pan, and stir it up: add about a teaspoonful of flour to thicken it, and a spoonful of ketchup, and a little pepper and salt. The frying-pan may be well rubbed first, if liked, with a piece of onion.

Beef-steak, Fried.—Beef-steak really fried is a common mode of cooking steak abroad, and is now

done in London at the Italian chocolate restaurants. The steak is plunged in very hot fat. This is the quickest way of cooking steak, and takes but a very few minutes, varying with the thickness of the steak.

Beef-steak Pie. (See **PIE, MEAT**).

Beef-steak, Plain Grilled.—The best steak is rump steak. When you have good rump steak, really good, first-class meat, red and juicy, grilling is best. (To grill a steak, see No. 5.) Steak should be cut, if good, an inch thick, and one part should not be thicker than another.

Beef-steak, Stewed.—(See No. 2.) Cut the steak in pieces, about three or four inches long, two wide, and have plenty of fat. Brown them slightly in a frying-pan without cooking them. Then place them in a stew-pan, with one carrot sliced, one large onion sliced, to every pound of steak, and sufficient Stock No. 3 to cover the meat. Stew very gently, and sprinkle a little chopped parsley over it before serving. Thicken the gravy at the finish, taking out the meat first, with a little corn-flour, just enough to take off the thinness. A little port-wine dregs are an improvement; two or three cloves may be put in, and even half a teaspoonful of red currant jelly, as well as the necessary pepper and salt. Stewed steak is always best cooked the day before, allowed to get cold, and the fat then removed. It is none the worse for warming up. Any kind of steak or beef will stew.

Beef, Stewed.—Beef raw, of any description, will easily stew, and if of inferior quality can be disguised by adding onions or garlic, spices, celery, thyme, pepper, &c. (See No. 2.) Beef makes also

excellent Irish stew. (See **IRISH STEW**.) Stewed beef requires plenty of pepper and salt, especially the former.

Beef-tea.—Take a pound of lean gravy beef, cut it into very small pieces, and place it in a basin with a pint of cold water. Press the beef with a spoon, and extract as much of the juice as you can : then place it in a saucepan and let it simmer (not boil) on the fire, gently, for an hour. Skim, and add a little salt, and strain it off. The meat and water can be placed in a jug and put in the oven.

Beef-tea (for very Young Infants).—Very young children dislike salt. Nature's food is sweet. Therefore, when doctors order beef-tea, use sugar instead of salt. This is the common practice in London hospitals,

Beef-tea (very quick).—Sometimes beef-tea is wanted in a great hurry. Cut up the meat, say one pound, very small, and place it in a basin with half a pint of water or less. Press thoroughly with a spoon for some time, make it hot, and strain it at once. The meat can be put back, and be simmered with some more water to make more.

Beef-tea, Jelly.—Sometimes invalids tire of beef-tea. In this case, mix a little wine with the beef-tea, and, if liked, sugar instead of salt. Let it get cold, when it will be a jelly. This jelly will be an agreeable change.

Beer Cup. (See **CUPS**.)

Beetroot, Boiled.—Wash the beetroot, without breaking the skin ; boil for about two hours. Let

it get cold, then cut it in slices. Dress as for salad.

Blackberry Jam. (See JAM.)

Blackberry Pudding. (See PUDDING, FRUIT.)

Black Butter. (See BUTTER.)

Black-currant Jam. (See JAM.)

Black-currant Pudding. (See PUDDING, FRUIT.)

Black-currant Tart. (See PIE, FRUIT.)

Bloaters.—Split open the fish. Take out the backbone carefully, so as to pull out the “ribs” with it. Grill over a clear fire. (See No. 5.) When cooked, place a piece of butter on each bloater, and move it about to moisten it. The heat of the bloater will, of course, melt the butter.

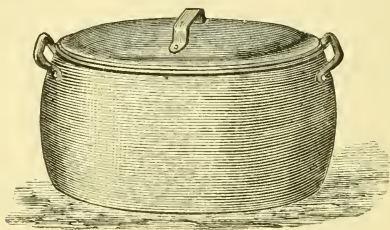
Bloaters can also be cooked in front of the fire in a shut-up gridiron, or in a frying-pan—in which case the frying-pan must be greased. Bloaters should always be opened before they are cooked, in order to avoid the offensive smell caused by opening them afterwards; many people also remove the heads, which are very unsightly. It is always advisable when cooking bloaters to shut the kitchen door first, and open the window at the top. They make the whole house smell.

The greatest care should be taken in cleaning the frying-pan or gridiron that has cooked bloaters. It is almost impossible to get perfectly rid of the flavour. If you have to cook a steak on a gridiron that has cooked a bloater, make it very hot first; then wipe it, and rub it with an onion.

Bloaters, Potted. (See POTTED MEATS.)

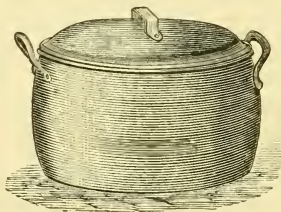
Boil, To. (See No. 1.)

Boiling Pot.—Large iron stewpans in which hams, joints of meat, and soups can be cooked are generally called boiling pots. They are made of



BOILING POT.

wrought-iron or cast-iron. The former are the more expensive of the two, but are at the same time more durable, as they are better able to with-



DEEP BOILING POT.

stand the heat of the fire. These vessels should be washed out and dried as soon as they are done with, and when not in use should be kept without cover in a dry place. Probable cost of a pot

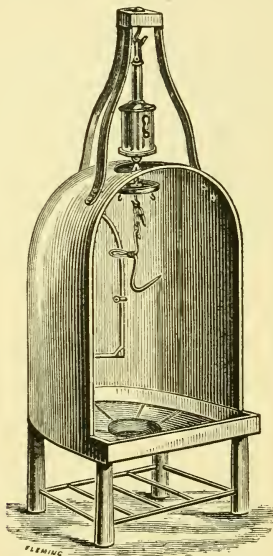
to hold five-and-a-half gallons, wrought iron, £1 ; cast-iron, 7s.

Bone, To. (See No. 22).

Bones, Devilled and Grilled.—Grilled bones are simply grilling bones—say, the remains of sirloin of beef bone, over a fierce, clear fire. (See No. 5.) They should be sent up with the meat black. Devilled bones consist of bones grilled, but previously sprinkled with a mixture of equal parts of cayenne pepper, black pepper, and salt. It is sometimes best to butter the bone, and to cut insertions in the meat, and put the mixture in the cuts, with a little butter to make it stick. The fire must be very fierce, and fat can be thrown in to make it blaze.

Bottle-Jack and Screen.—The usual method employed for roasting meat is to hang the bottle-jack on the movable bar placed for its reception on the front of the mantelshelf, to suspend the wheel from the jack, and to hang the meat by a hook from the wheel. A screen, either entirely made of tin or lined with it, is then put in front of the fire to keep in the heat, and the jack is wound up two or three times whilst a joint is being roasted. By a modern improvement, the bar can be altogether dispensed with, and the jack fastened above the screen, which is so made that the heat will be condensed as much as possible. Those who do not wish to go to the expense of a bottle-jack, but who appreciate the difference between a roasted joint and a baked one, may find an economical substitute for the bottle-jack in the chimney screw-jack, which may be fastened upon any mantelshelf when wanted, and unscrewed when done with. It re-

quires a little more watching than the ordinary bottle-jack ; but, if a key be hung upon the hook with six or seven thicknesses of worsted wound



BOTTLE-JACK AND SCREEN.

round it, one end of which is fastened to the meat-hook, the twisting and untwisting of the worsted cord will cause a rotatory motion like that produced by the more expensive bottle-jack.

Bouillon. (See No. 10).

Bread Crumbs, Fried. (See No. 7.)

Bread, Fried. (See No. 7.)

Bread Pudding, Cheap.—This is a convenient pudding for using up stale pieces of bread. Put the pieces of bread into water to soak for some time; then drain them, and squeeze the water out. Mix the soaked bread with some milk boiled separately, and two ounces of chopped suet. Sweeten with some sugar, and flavour with a teaspoonful of allspice. Bake in a buttered pie-dish for one and a half hour.

Bread Pudding. Another Way.—Proceed as before, adding two eggs, well beaten up, instead of the two ounces of suet. Sprinkle some currants over the top, and bake till it sets.

Bread Raspings.—These are convenient for ornamenting boiled bacon, hams, &c. They can generally be obtained from the baker gratis, or can be made at home by grating the outside of a nicely-coloured loaf of bread.

Bread Sauce.—Make some bread-crumbs (see No. 20), and boil some milk. When the milk boils, throw in the bread-crumbs, and boil them in the milk for a few minutes. A few peppercorns and a little salt should be added, and an onion can be placed in the sauce for a few minutes to impart a flavour to it. The onion should be taken out whole, and care should be taken that no little pieces of onion are left behind in the sauce. Just before sending to table, mix in a little piece of butter, and also add a “suspicion” of nutmeg. The consistency of bread-sauce should be rather more milk than will soak up the bread-crumbs.

Bread Sippets.—Bread sippets are often made

by toasting bread before the fire. By far the best sippets are made by frying pieces of stale bread. (See No. 7.)

Bream.—This is a coarse fish, and, like all other coarse fish, is best stuffed and baked. First, carefully clean the fish, and scrape off all the scales, and wash it in cold water after scraping, to see that all the scales are removed. This is a troublesome job. Make some veal stuffing (see **VEAL STUFFING**), and put it in the fish. Bake the fish in the oven, basting it with a little butter, and occasionally turning it. When tender, take out the fish, and shake some bread raspings over it to give it a colour. Drop a little flour into the tin with the butter, and mix it up, and add to it a little water, pouring all the contents of the tin into a saucepan. Boil the sauce, which will become thick, add a little cayenne pepper, or a couple of teaspoonfuls of soy, or a tablespoonful of ketchup. A few drops of lemon-juice can be added. Serve the sauce separately.

Brill, To Boil.—All flat-fish are better for being plump and thick. Rub the white sides of the fish with a slice of lemon, and boil. (See No. 1.) Anchovy-sauce, plain butter-sauce, shrimp-sauce, or lobster-sauce, can be served with brill. For these, see their respective headings.

Broad Beans. (See **BEANS, BROAD.**)

Broccoli.—Trim the broccoli and soak it in salt and water in order to get rid of any insects. Boil it in the usual way. (See No. 9.) Time, from ten to fifteen minutes.

Broil, To. (See No. 5.)

Broth. (See No. 10.)

Broth, Scotch. (See SCOTCH SOUP.)

Brussels Sprouts.—Wash the Brussels sprouts in cold water, and pick any dead leaves away, and trim the stalks. Boil in a large saucepan. (See No. 9.) Time, about fifteen minutes.

Bubble and Squeak.—Bubble and Squeak consists of warming up any cold vegetables—such as greens and potatoes—in some dripping in a frying-pan. Slices of onion can be added, as well as the remains of cold meat, or any scraps. Fry for a quarter to half an hour, according to quantity; flavour with pepper and salt. When meat is added, put the meat in the middle, and the fried vegetables round the edge.

Bullock's Kidney. (See KIDNEY.)

Bullock's Tongue. (See TONGUE.)

Bullock's Liver. (See LIVER.)

Butter, Black.—This is known under the names of Nut-brown Butter, Brown Butter, Burnt Butter, and Beurre Noir. Take two ounces of butter, melt it in a frying-pan till it turns a rich brown colour, then add half a teaspoonful of chopped capers, a teaspoonful of Harvey's sauce, and a teaspoonful of mushroom ketchup, and a little black pepper. A piece of brown thickening (see No. 12), or a piece of glaze—as big as a lump of sugar—dissolved in it, is an improvement.

This sauce is served with skate boiled, and is very suitable for any coarse boiled fish.

Butter Clarified.—This is useful for a variety of purposes, especially for pouring over potted meats. To make clarified butter read No. 12. Brown and white thickening is made with clarified butter.

Butter, Melted (the common method).—For many years past cooks have been labouring under the delusion that melted butter, or butter sauce, is made by thickening milk with some flour and butter. This is usually made in large quantities, the greater part of which is generally wasted. However, by adding grated cheese to what is left, some cayenne pepper, and one yolk of an egg, cheese-straws can be made out of what is left. Thickened milk can be served as a fish-sauce.

Butter, Oiled.—This is a very common sauce abroad for boiled fish, and is very nice, and quickly made. Take a piece of butter, place it in a sauce-tureen, and place the tureen in the oven till the butter is oiled.

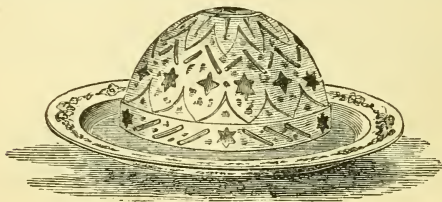
Butter Sauce, or Melted Butter.—This is a most important sauce, but rarely made properly by English cooks, who, as a rule, make it too thick with flour, and also generally make quite ten times the quantity really required. Good butter sauce, or melted butter, is made as follows:—Take a quarter of a pound of butter, and cut it into half a dozen pieces the same size. Take one of these pieces and place it in a small saucepan with about the same quantity of flour. Dissolve the butter, and mix the flour with it. Now add half a tumbler

of water, or stock, or fish stock, and stir it up, and bring it gently to a boil. This will cause it to become about as thick as cream. Add a "suspicion" of nutmeg, and then gradually add and melt in the remains of the quarter of a pound of butter; do not let it boil, and add the butter the last thing. It is apt to curdle, or rather decompose. A little cold water will often restore it. This really delicious sauce is adapted for all kinds of fish, both boiled and fried. It is somewhat expensive, and should be made in small quantities, as, if properly made it is very rich, and a little will go a long way.

Cabbage, Boiled.—Cut off the stalks, and trim away the outside leaves, and any dead ones. Cut the cabbages in halves, wash them thoroughly, and soak them in salt and water. Boil (see No. 9). Young summer cabbages take from ten to fifteen minutes, old ones half an hour; but try them with a fork, and take them out directly they are tender.

Cabbage Soup.—Cut up two or three onions, and fry them a nice brown in some fat or dripping; add them to a quart of greasy stock (see No. 10, stock No. 4); cut up a couple of small cabbages, or one large one, into small pieces, as well as a few sticks of celery, and a small carrot and turnip, and boil all together by throwing them into the boiling stock. Take the stock off the boil as soon as it once more boils up, and let the vegetables simmer till they are tender, when the soup will be done. Some fried bread makes a nice accompaniment.

Cabinet Pudding.—Boil a pint of milk separately, and strain it into a basin; make it sweet with some lump sugar, some of which has been rubbed on the outside rind of lemon. Next: beat in thoroughly, when the milk has partly cooled, four well-beaten eggs. Next: butter a mould or basin—a plain round basin makes a handsome pudding—and stick in the butter some stoned raisins, or some preserved cherries, or sliced candied peel, or any kind



CABINET PUDDING.

of preserved fruit; then place in the mould some sliced sponge cake, mixed, if the pudding is wished very rich, with ratafias and maccaroons; then pour the mixed eggs and milk, which is really unthickened custard, over the cakes, and fill the mould not more than three-quarters full. Steam the cake (see No. 8) for about an hour and a half, turn it out of the mould on to a dish, and serve hot, surrounded with some sweet sauce. (See SWEET SAUCE.)

This is an expensive pudding, but cooks should remember the *idea*, and invent puddings cheaper on the same principle. For instance—sprinkle a buttered mould with currants, fill up with stale bread, and pour in a sweet custard, and proceed as

directed. The most common mistake in making this pudding is putting in too much sponge cake. This swells. One sponge cake and a half is sufficient for a pint of custard. A plain, round basin, nicely ornamented with cut stars of citron and preserved cherries, looks better than a mould.

Cake, Plum.—Mix a pinch of salt and a dessert-spoonful of baking-powder with one pound of flour. Rub into this a quarter of a pound of good beef-dripping, and add a quarter of a pound of sugar, and half a pound of picked and dried currants, a quarter of an ounce of finely-minced lemon-peel, and half a nutmeg grated. Make the mixture into a stiff dough with new milk, pour it into a buttered tin, and bake immediately for about an hour. Probable cost, 10d. Sufficient for a moderate-sized cake.

Cake, Plum, Plain, made with Baker's Dough.—Those who are not in the habit of making bread at home often find it difficult to make dough. This difficulty may be easily overcome if they will procure a little dough from the baker's, and proceed as follows:—Take two pounds of dough. Put it at once into a basin, cover with a thick cloth, and let it rise. Place it on a floured paste-board, sprinkle over it a teaspoonful of baking-powder, and add a quarter of a pound of lard or butter broken into small pieces, a quarter of a pound of moist sugar, a quarter of a pound of stoned raisins, a quarter of a pound of washed and dried currants, a few caraway seeds, if liked, and a grated nutmeg. Knead thoroughly with as much lukewarm milk as is necessary. Butter some tins; half fill them

with the dough, place them on the hearth until the dough has risen so that they are three parts full, then bake the cakes in a well-heated oven. Plunge a knife into the middle of each; when it comes out clean they are done enough. Time to bake, one to two hours, according to the size of the tins. Probable cost, 1s. 3d. Sufficient for three small cakes.

Cake, Plum, Rich.—Put a pound and a half of butter into a good-sized bowl, and beat it to a cream. (See No. 27.) Mix with it the whites of eight fresh eggs (see 15) whisked to a froth, and afterwards the yolks well beaten, and add a dessertspoonful of salt, a pound of powdered sugar, a pound and a half of flour, two pounds of currants washed, picked, and dried, eight ounces each of candied lemon and citron cut into narrow strips, half an ounce of mixed spices, consisting of nutmeg, cinnamon, and allspice, all pounded to a powder, half a pound of almonds, blanched (see ALMONDS, To BLANCH) and pounded, the rind of four oranges rubbed upon three or four lumps of sugar and then powdered. Add each ingredient separately, and beat it well in before adding another. A wine-glassful of brandy may be stirred in if liked. If this cake is to be light, it should be beaten fully three quarters of an hour. Line a tin with double folds of buttered paper, pour in the mixture, and bake the cake in a moderate oven. Put twelve folds of paper under the cake, and four or five on the top of it, to prevent it burning. Time to bake, three hours if made in one cake, one hour and a half each if made into two. Probable cost, 5s. 6d.,

without the brandy. Sufficient for one large or two small cakes.

Cake, Pound.—One pound of butter, one pound of sugar, eight eggs, and a little salt. Rub some of the sugar on the rind of an orange or lemon. Beat the butter to a cream (see No. 27); then add the sugar pounded, the flour, and the eggs gradually, and a pinch of salt. When it is all thoroughly mixed, pour it into a well-buttered mould, or, still better, into a hoop lined with well-buttered paper, and bake. (See No. 4.)

A variety of cakes may be made by adding to the above—currants, stoned raisins, almonds, candied peel, preserved cherries, pistachio-kernels, &c.

If you wish to have the cake very good and rich, a wineglassful of brandy can be added to the above quantity.

Cake, Seed.—No. 1. Rub six ounces of sweet dripping into a pound of flour, add a pinch of salt, a teaspoonful of mixed spice, a tablespoonful of caraway seeds, and six ounces of sugar. Mix the dry ingredients thoroughly. Dissolve a teaspoonful of carbonate of soda into half a pint of milk, add a teaspoonful of vinegar, and stir it into the cake. Beat the cake well, put it into a buttered hoop, and bake in a moderately-heated oven. Time to bake, one hour. Probable cost, 4d. per pound. Sufficient for a moderate-sized cake.

No. 2. Rub a quarter of a pound of butter into three pounds of flour; add half a teaspoonful of salt, three heaped teaspoonfuls of baking powder, two teaspoonfuls of mixed spice, two ounces of caraway seeds, a pinch of powdered mace or grated

nutmeg, eight ounces of sugar, and two ounces of candied peel chopped small. Mix the dry ingredients thoroughly. Beat them to a paste with a pint of milk, and bake in a well-heated oven. Time to bake, three quarters of an hour to one hour. Probable cost, 5d. per pound. Sufficient for two moderate-sized cakes. No. 3. Rub six ounces of butter into a pound of flour, add a pinch of salt, six ounces of moist sugar, and two tablespoonfuls of caraway seeds. Mix the dry ingredients thoroughly. Dissolve a small dessertspoonful of carbonate of soda in a tablespoonful of milk. Add this to as much milk as will make up half a pint altogether, stir the milk to two well-beaten eggs, and afterwards beat the whole into the cake. Put the mixture into a buttered tin, and bake in a moderately-heated oven. A little spice and candied peel can be added, if approved. Time to bake, one hour. Probable cost, 8d. per pound. Sufficient for a moderate-sized cake. No. 4. Rub six ounces of butter into three quarters of a pound of flour, add a pinch of salt, five ounces of the best moist sugar, and a dessertspoonful of caraway seed. Dissolve half a small teaspoonful of soda in a teaspoonful of hot milk. Beat this up with two eggs already well whisked, and stir the whole into the cake. Put the mixture into a buttered tin, and bake in a moderately-heated oven. Time to bake, from thirty to forty minutes. Cost, 9d. per pound. .

Cake, Seed, made from Dough.—No. 1. Take a quartern of dough left from making bread. If procured from the baker's, set it in a basin, covered

with a cloth, before the fire to rise. Beat half a pound of butter or dripping to cream (see No. 27); work this into the dough, and add three quarters of a pound of moist sugar, an ounce of caraway seeds, and a well-beaten egg. Knead the dough well; put it into one large or two moderate-sized buttered baking-tins, let it stand before the fire to rise, and bake in a well-heated oven. Time, about two hours for one cake. Probable cost, if made with dripping, about 4d. a pound. No. 2. Take a quartern of dough, spread it out on a pastry-board, and slice half a pound of lard, butter, or dripping over it. Sprinkle on it a heaped teaspoonful of baking powder, add eight ounces of moist sugar, two ounces of caraway seeds, and two ounces of finely-shred candied peel. Knead the dough till the ingredients are thoroughly blended. Set it before the fire to rise for a short time, put it into greased tins, and bake in a well-heated oven. Time to bake, one to two hours, according to the size of the cakes. No. 3. Take a quartern of dough, spread it on a floured pastry-board, slice half a pound of fresh butter upon it, and work this in, together with a teaspoonful of salt, half an ounce of caraway seeds, half a pound of good moist sugar, and six eggs put in singly. When the ingredients are thoroughly blended, put the dough into two or more well-buttered tins, and place them before the fire for a short time. When the dough is light, put the cakes in a well-heated oven, and bake until they are done enough. Spices, such as powdered cinnamon, coriander seeds, mace, nutmeg, &c., may be added to these cakes, if liked.

Cake, Sponge.—Sponge cake is made like pound cake, only with half the quantity of flour, and no butter, and the eggs are broken, separating the whites from the yolks. (No. 15.) Mix the yolks in with the sugar, flour, &c., and beat the whites to a stiff froth by themselves; then mix the froth to the rest of the mixture as lightly as possible, and bake as before. Sponge cake is of course much lighter, and allowance must be made in baking for its swelling. The mould, therefore, should not be nearly filled. This requires a very brisk oven. (See No. 4.)

Cakes, General Remarks on.—In making cakes, great care should be taken that everything which is used should be perfectly dry, as dampness in the materials is very likely to produce heaviness in the cake. It is always best to have each ingredient properly prepared before beginning to mix the cake.

Currants should be put into a colander and cold water poured over them two or three times, then spread upon a dish and carefully looked over, so that any little pieces of stone or stalk may be removed. The dish should then be placed before the fire, and the currants turned over frequently until they are quite dry.

Butter should be laid in cold water before it is used, and, if salt, should be washed in several waters. It should be beaten in a bowl till it is reduced to a cream. (See No. 27.)

Flour.—The flour for cakes should be of the best quality. It should be weighed after it is sifted and dried.

Eggs.—Each egg should always be broken into a cup before it is put to the others (see No. 15), as this will prevent a bad one spoiling the rest. The yolks and whites should be separated, and the egg carefully smelt. The string in each egg should also be carefully removed. The yolks may be beaten with a fork till they are light and frothy, but the whites must be whisked till they are one solid froth, and no liquor remains at the bottom of the bowl. The eggs should be put in a cool place till required for use. When the whites only are to be used, the yolks, if unbroken, and kept covered, will keep good for three or four days. Still it is always best to use them at once. They will make an excellent Custard. (See CUSTARD.)

Sugar.—Loaf sugar is the best to use for cakes ; it should be pounded and sifted.

Lemon.—Peel should be cut very thin, as the white, or inner side, will impart a bitter flavour to the cakes.

Almonds for cakes should be blanched by being put into boiling water ; and when they have been in a few minutes the skin should be taken off, and the almonds thrown into cold water to preserve the colour. If they are pounded, a few drops of water, rose-water, or white of egg should be added in every two or three minutes, to prevent them oiling. If they are not pounded they should be cut into thin slices, or divided lengthwise.

Milk.—Swiss condensed milk will be found to be excellent for cakes when either cream or milk is wanted ; but when it is used less sugar will be required.

Yeast.—When yeast is used for cakes, less butter and eggs are required.

Baking Powder.—Nearly all plain cakes will be made lighter by the addition of a little baking powder.

Moulds for cakes should be thickly buttered, and it is a good plan to place some well-oiled paper between the mould and the cake.

Baking.—Small cakes require a quick oven when they are first put in, to make them rise, but the heat should not be increased after they have begun to bake. Large cakes should be put into a moderate oven, in order that they may be well baked in the middle before they are overdone on the outside. In order to ascertain if a cake is sufficiently baked, insert a skewer or knitting-needle into the centre of it, and if it comes out perfectly clean, the cake is sufficiently ready, but if anything is sticking to it, the cake must be put back into the oven at once. Cakes should be gently turned out of the mould when ready, placed on the top of the oven to dry, then laid on their sides to cool. They should be kept in a cool place, and in tin canisters, closely covered. A cake keeps better when made without yeast.

Calf's Brains.—Perhaps the most common form of serving calf's brains is with half a tongue, when the calf's head is boiled separately. In this case, put what brains you have sent with the head to soak at once in some water rendered rather acid by vinegar. Boil the brains in salt and water for about twenty minutes, drain them off, and chop them up with some chopped parsley and mixed

herbs containing marjoram. (See HERBS, MIXED.) Add a little butter, pepper, and salt, and a little lemon-juice. Place the boiled tongue in the centre of the dish, and surround it with the brains.

Calf's Brains and Black Butter.—When you use the head for making soup, the calf's brains make a most delicious entrée, as follows :—Soak the brains in vinegar and water, and place some thyme in the pickle. Fry some round pieces of bread, the size round of a small teacup. Boil the brains for fifteen or twenty minutes. Place some of the brains, after draining them, on each piece of fried bread, make a little hole in each piece of brain, and put a piece of red tongue in each. Pour the black butter over the entrée, and serve hot.

Calf's Feet, Stewed.—Calf's feet are best prepared at the butchers'. They require scalding and very careful cleaning. They are nice plain-boiled, with parsley and butter. They will make good jelly and good soup. Perhaps the nicest way is to have them stewed. Put, say, two feet, on to boil with half an onion in some water. They must stew gently for a long time, till they are perfectly tender, and the meat, so to speak, will melt in the mouth. The stewing will take several hours. Then take out the feet, and cut all the flesh from the bones. Put back the bones, and boil the stock briskly till it is reduced to half a pint, or even less. (No. 26.) Strain it off, and thicken it with two eggs well beaten up (see No. 14); add a teaspoonful of chopped parsley, a little pepper and salt, and a glass of white wine, not sweet, or the juice of half a lemon. Serve the soft meat in this sauce, which

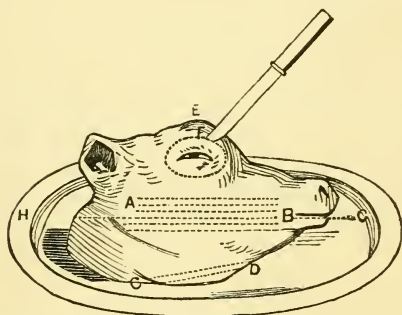
must not boil or it will curdle. Add the wine or lemon-juice the last thing of all.

Calf's Feet Soup. (See Ox Foot.)

Calf's Head, Boiled.—Get half a calf's head, scalded and skinned. This is best done at the butchers'. Soak it in cold salt and water; remove the tongue and brains; place it in hot water, with an onion, a carrot, a turnip, and a head of celery. Boil till tender—about two and a half hours—and serve with parsley and butter sauce, which should not be poured over the head if you wish to make clear mock-turtle from the remains, but served separately. Chopped parsley can be sprinkled over the head, by way of garnish, as well as cut lemon. (See No. 29.) The tongue and brains should be served in a separate dish. (See CALF'S BRAINS.) A piece of bacon or ham boiled, and served hot, usually accompanies calf's head. The liquor in which the head was boiled will make excellent mock-turtle soup. (See MOCK TURTLE.) Some chopped marjoram added to the parsley and butter sauce is a great improvement.

Calf's Head, To Warm Up.—By far the best method of warming up calf's head is to put the remains in the soup made from the liquor. It can, however, be cut up, and warmed up in the remains of the sauce; or some of the best pieces may be warmed up in some rich brown gravy, a little tomato-sauce added—if possible, a few mushrooms—a dessertspoonful of sherry and a few nicely-fried eggs; *i.e.*, eggs browned both sides, served with it. This is known as “calf's head *a là Tortue*.”

Calf's Head, To Carve.—Commence by making long slices from end to end of the cheek, cutting quite through to the bone, according to the dotted lines from A to B. With each of these slices serve a cut of what is called the throat sweetbread, which lies at the fleshy part of the neck end. Cut also slices from C to D; they are gelatinous and deli-



CALF'S HEAD FOR CARVING.

cate, and serve small pieces with the meat. A little of the tongue and a spoonful of the brains are usually placed on each plate. The tongue is served on a separate plate, surrounded by the brains, and is cut across in rather thin slices. Some persons prefer the eye. It is removed by a circular cut marked by dotted lines at E. First put the knife in slanting at F, inserting the point at the part of the dotted line, and driving it into the centre under the eye; then turn the hand round, keeping the circle of the dotted line with the blade of the knife, the point still in the centre.

The eye will come out entire, cone-shaped at the under part, when the circle is completed by the knife. The lower jaw must next be removed, beginning at *a* ; and to do this properly the dish must be turned. The palate is also considered a dainty, and a little of it should always be offered to each person.

Calf's Heart. (See HEARTS.)

Calf's Liver. (See LIVER.)

Calf's Sweetbreads.—These are generally very expensive. They should always be soaked in cold salt and water for some time, then parboiled and thrown into cold water. When cold, they should be trimmed carefully. They can then be fried in egg and bread crumbs. (See No. 6 and No. 20.) They can be baked in the oven, and kept well basted. If not egg-and-bread-crumbed—and if not of a brown colour—pour over them some thick white sauce, such as Béchamel. If fried a nice brown, pour some sauce round them. Tomato sauce is excellent with sweetbreads. Or a rich brown gravy can be used, or curry sauce. (See SWEETBREADS.)

Caper Sauce.—Caper sauce is generally served with boiled mutton or boiled fish. Take a small quantity—say, half a pint—of the liquor in which the meat or fish is boiled ; thicken it with a little white thickening (see Nos. 11 and 12) ; add a dessertspoonful of chopped capers. To make caper sauce very good, add more chopped capers, and melt in more butter. Chopped pickled gherkins are a cheap substitute for capers.

Capsicums.—The skins of pickled or fresh capsicums are exceedingly valuable by way of garnishing.

Caramel. (See No. 19.)

Carp.—These fish, when caught in stagnant water, such as ponds, are poor and taste muddy. On the continent, when caught in streams, they are exceedingly good. Carp can be stewed (see EELS, STEWED, and proceed the same), or they can be stewed in a little claret flavoured with nutmeg. The claret, when the fish is done, should be thickened with corn-flour, and poured over the fish. The dregs of port wine and a little stock will do instead of claret. The greatest care, in England, must be taken in thoroughly cleansing the fish, which for the purpose is best boned. (See FISH, FRESH WATER.)

Carrot Jam. (See JAM.)

Carrot Soup.—Take some stock—three pints No. 3 or No. 4 Stock (see No. 10)—boil in it a couple of onions, some celery, and six or more carrots; boil till tender, and rub all through a wire sieve. Season with pepper and salt. Two or three bay-leaves boiled with it is a great improvement. Sufficient carrots must be used to make the soup as thick as cream.

High-class carrot soup is made by only using the red part of the carrot.

Carrots, Boiled.—Wash and scrape, but do not peel them. (See No. 9.) Young carrots take twenty minutes to thirty minutes, according to size. Old carrots, the longer the better.

Cauliflower, Boiled.—Soak in salt and water for some time, boil (see No. 9); time varies with size. Some persons serve butter sauce, or melted butter with cauliflower.

Celery Sauce.—Take a large head of celery, place it in a stew-pan with half an ounce of butter and a little stock. Greasy stock, No. 4 or No. 3 (see No. 10), will do, but the stock must be white. Stew till tender, and then rub through a wire sieve, and add an equal quantity of milk, boiled separately. A “suspicion” of nutmeg may be added, and a piece of lump sugar. A little cream is a great improvement, if only a tablespoonful. Celery sauce is served with boiled turkeys and boiled fowls, also with boiled rabbit. It also makes a nice entrée with hard-boiled eggs.

Celery Soup.—Take some No. 3 stock (see No. 10), say one quart, and place in it one onion, and two large heads of celery. Boil the celery till it is quite tender.

The celery had better be cut up small first, and stewed in a little butter, and then boiled in the stock. Avoid the dark parts of the celery.

Boil the stock away (see No. 29) till the celery becomes almost a pulp. Rub it all through a wire sieve, (see No. 21) and add it to a pint and a half of milk boiled separately; boil a couple of bay-leaves in the milk. Flavour with pepper and salt.

Celery, Stewed.—Cut the celery into pieces about four inches long. Stew it till tender in a little stock. Thicken the stock with a little white

thickening (see No. 12,) and serve the celery in it. Add a "suspicion" of nutmeg.

Champagne Cup. (See CUPS.)

Char.—This makes an excellent "Water Souchet," *i.e.*, it is very nice served plain in the water in which it is boiled. Cut the fish into fillets, boil the bones, &c., in a little water slightly salted, strain it off and then boil the fillets of char in the water. Serve the fillets in the water in which it is boiled, throw into the water two or three sprigs of parsley, and serve thin brown bread and butter with it.

Cheese and Macaroni. (See MACARONI.)

Cheese Soufflé.—This is a very nice way of serving up stale pieces of cheese. Grate the cheese, say, till you get a couple of tablespoonfuls. Mix this with a quarter of a pint of milk. Take two eggs and beat the white to a stiff froth, adding the yolks to the mixture, put in a little pepper and salt, and mix in the beaten white. Pour it into a buttered tin—a round cake-tin is best—and place it in a brisk oven. It will rise to four times the height it was when put in the tin. Serve as quickly as possible, as it commences to go down again directly it is taken out of the oven. Time to bake the above quantity, about twenty minutes. Wrap a dinner napkin folded, or a piece of ornamental paper, round the tin.

It is best to have the napkin or paper ready, so that the hot tin can be dropped in it quickly. Enough for two persons.

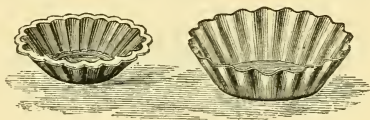
Cheese, Stewed.—Place some pieces of stale cheese, cut up very small, in a tin with a little butter. Stir it about till all is mixed. Serve very hot in the tin. Some add a small quantity of ale or stout.

Cheesecakes (Very Good).—Take a quarter of a pound of butter, six ounces of sugar, two lemons, four eggs, and two good-sized cold potatoes. Rub the sugar on the lemon before you cut the lemons, and rub off as much as you can of the outside rind. Then oil the butter in a basin in the oven, throw in the sugar to the hot butter, which will dissolve it. Get it smooth with a spoon. Squeeze the juice of the two lemons in, beat the eggs and mix in, and add enough cold potatoes to make the whole into a pulp, only don't add the potatoes till the sugar is thoroughly dissolved. Fill some pastry rolled out in tins with this mixture, and bake in the oven.

This mixture will bake very nicely in a pie-dish without any pastry at all. It is cheap and delicious. The cheesecake can be made plainer by increasing the quantity of potatoes and sugar.

Cheesecakes and Tartlets.—The origin of the word Cheesecake is, that originally, they were cakes made from the curds used for making cheese. Cheesecakes and Tartlets are made by placing various kinds of "sweet substances" in small round flat pieces of pastry baked in little tins. Whenever you have any spare piece of pastry left over after making a pie, roll it out thin—an eighth

of an inch thick—and line a few little tartlet tins with it, and bake them in the oven. These can be



TARTLET-TINS.

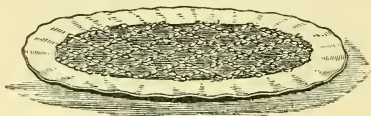
filled after being taken out of their tins, or before, as directed.

Cheesecakes, Lemon (Very Cheap).—Get a few pastry cases as above. Take one lemon and three ounces of sugar, rub the sugar on the rind, then put the sugar in a basin, in rather less than half a pint of hot water, squeeze in the juice, and place all in a saucepan to dissolve the sugar, thicken with a little arrowroot till it becomes a jelly, stirring all the time (see No. 13). Pour it on to a plate to get cold, and then with two forks break it into little pieces and fill the pastry cases.

If you have many cases, thicken only one half at a time, and colour the second half red with some cochineal. The alternate pale yellow and red will look far better.

Tartlets are simply little cases of pastry as above, filled with jam or any kind of preserve. When there are many, two different-coloured jams should be chosen, such as raspberry and apricot, or marmalade and plum. Open jam tarts are really large tartlets. These cases are best half-baked, then

filled, and little thin strips of pastry the size of a wooden lucifer match laid across the jam by way of



OPEN TART.

ornament, like trellis work ; then put back in the oven to finish baking.

Cherry Pie. (See **PIE, FRUIT.**)

Cherry Water Ice. (See **ICE WATER FRUIT.**)

Chicken. (See **FOWL.**)

Chicken Broth.—This was once a famous receipt for invalids, but has since quite gone out of fashion. The bones of chickens make as good broth as the flesh.

Chicken Patties. (See **PATTIES.**)

Chilies.—Chilies, pickled or fresh, are useful for garnishing, and also to add to hash and curries for those who like dishes very hot. (See **HASH.**)

Chops. (See **MUTTON AND PORK.**)

Christmas Plum Pudding. (See **PLUM PUDDING.**)

Christmas Pudding. (See **PLUM PUDDING.**)

Cider Cup. (See **CUPS.**)

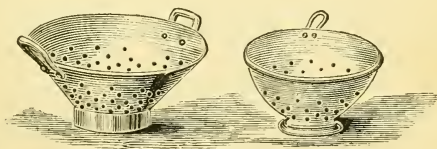
Claret Cup. (See **CUPS.**)

Cock-a-Leekie.—Cock-a-Leekie is a Scotch soup, in which a boiled chicken is cut up into small joints and served in some broth made with chicken and broiled leeks. A cheap way is to take the re-

mains of a cold fowl, cut the meat off the bones ; stew the bones in some No. 1 Stock (say, a quart) ; cut up a couple of leeks, well washed, into thin slices ; stew these in the soup, which should be clear ; add the remains of the meat, and serve. Flavour with a little pepper and salt.

Cod, Boiled.—Wash and clean the fish. Boil in the usual way. (See No. 1.) As soon as the meat leaves the bone easily it is done. Boil the liver separately—in a frying-basket is best. If the liver is overboiled it is spoilt. Five minutes is enough for a piece of liver. Send the fish up on a napkin folded over a strainer. Put the liver by the side of the fish ; ornament with parsley and cut lemon, Serve with it oyster sauce or anchovy sauce, or butter sauce or oiled butter. Some nice floury boiled potatoes also should be sent to table with boiled codfish.

Codfish, Fried.—Slices of codfish are very nice fried in batter. (See BATTER ; also No. 6.) Fried parsley should be served with fried cod. Slices of cod can be fried quite plain, being simply peppered, salted, and floured.



COLANDERS.

Colander.—The colander is a basin with handles, and perforated holes at the bottom and sides. It

is used for straining vegetables, &c., and is brought into daily use in almost every household. Colanders are made of tin and earthenware ; the tin ones are the more durable. Probable cost, 1s. to 4s.

Cold Meat, How to treat various ways. (See MEAT.)

Conger Eel.—Conger eel can be eaten plain, boiled with potatoes (see No. 1), or it can be cut in slices, and floured and fried (see No. 6), or can be egg-and-bread-crumbed (see No. 20), and fried (No. 6) ; or it can be stuffed with veal stuffing (see VEAL STUFFING), and baked. It is very useful to make fish stock for soup maigre, when the best part of the flesh, freed from the little bones, which in this fish are very troublesome, can be added, or made into a separate dish.

Corn-flour, for Invalids.—Proceed exactly as in arrowroot. (See ARROWROOT.)

Corn-flour Pudding, Baked.—Proceed exactly as in arrowroot pudding. (See ARROWROOT PUDDING.)

Corn-flour Pudding, in a Mould.—Make a quart of sweetened milk, flavoured with lemon-peel, or essence of almonds, or orange-peel, or essence of vanilla, or bay-leaves, &c., quite thick with corn-flour. (See No. 13.) Stir in a little piece of butter about as big as a walnut ; this makes it smoother. Pour it into a mould, and when it is cold turn it out. A quart of milk takes about a tablespoonful and a half of corn-flour.

Cow-heel Soup. (See OX FOOT.)

Cowslip Wine.—This is a nice substitute for sherry, &c., in making tipsy-cake for children.

Cranberry Tart. (See **PIE, FRUIT.**)

Cream Ice. (See **ICE CREAM.**)

Croquettes. (See **RISSOLES.**)

Cucumber, To Dress.—Cucumbers are never nice when stale, but can be kept fresh by the stalk end being kept in water, just as flowers may be preserved for a time by similar means. To dress cucumber, first peel it very finely, or as much of it as is likely to be required; then cut it into very fine, thin slices, the thinner the better. Place these slices in a dish, with some good salad oil and a pinch of salt, and mix thoroughly with the oil, till every piece of cucumber is oiled; then pepper the slices, and mix again, and add a very little vinegar at the last. Proportion of oil to vinegar, two tablespoonfuls of oil to half a tablespoonful of vinegar. It is essential that the oil be perfectly fresh and pure. Some people like a few slices of onion served with the cucumber.

Cups.—In hot summer weather there are few drinks more refreshing than a deep draught out of a really good cup. Cups have the advantage of hiding the deficiencies of wines that are not altogether of the first quality—we will not say brand, as the two terms are not synonymous. Cups also are wine diluted, and in really thirsty weather can be therefore taken with greater impunity. Thirdly, they are far cheaper than wine alone.

In making every kind of cup it is essential to have ice, and it will too often be found that the common habit is to add a large lump of ice to the cup itself, the result being that the cup gets gradually poorer and poorer. In making all kinds

of cup, whether claret, champagne, cider, &c., it is always best to first mix or nearly mix the cup, and place the liquid in a jug or any vessel that can be covered over, and to stand this vessel in rough ice. The advantage of this is that the cup cools without deteriorating.

Another important point is that many cups, such as claret, owe their refreshing briskness to soda or seltzer water being added to them. When this is the case, always leave this addition to the last moment before the cup is wanted for drinking. Were you to add the soda water to the claret, and then place all in ice for, say, an hour to cool, the cup itself would be as dead as if water only, instead of soda water, had been added.

Again, all sparkling cups, such as champagne, Moselle, cider, &c., should not be allowed to stand long before they are drank, as by so doing they lose all their sparkling properties. In any case, take care that the champagne, Moselle, cider, &c., has been iced in the bottle before it is opened. Also, whenever soda water is used, let this be cold—not frozen—before it is opened. When all this is done there is no harm in adding a small lump of ice to float in the cup at the last moment, so long as you are sure that the ice is pure.

Remember that filthy and stagnant water will freeze. A good deal of rough ice is exceedingly impure and injurious.

A good deal of so-called Wenham Lake ice is really nothing more than rough ice.

In all cups that require sweetening it is always best to have ready a little syrup. Indeed, it will be found a great saving of time, when cups are

wanted often, to have a bottle of syrup. This is made by pouring boiling water on some sugar—1 lb. to a pint—and letting it get cold, and then pouring it off into a bottle. This syrup can be added gradually, and the cup can be tasted with a spoon, and it will be known at once when it is sweet enough. On the other hand, if the stupid fashion of throwing in some lumps of sugar haphazard be adopted, the probability is that the last half of the cup, owing to the sugar not having thoroughly dissolved at first, will be so sweet as to be scarcely drinkable.

The late Mr. Francatelli, a very great authority on all matters of taste, recommended bruised sugar-candy to sweeten most kinds of cups. I regret to say I have never tried the receipt. He also recommended the addition of sugar to champagne, Moselle cup, &c. This is, of course, purely a matter of taste. Those who have drunk champagne abroad know how sweet indeed is the foreign tooth compared to the English.

Claret Cup.—Pour a bottle of sound claret into a jug, add three slices of lemon, with all the pips previously removed, one thin strip of cucumber-peeling, the length of the little finger, and the thickness of the blade of a knife. Sweeten according to taste with some syrup. Add a wineglassful of brandy, a dessertspoonful of Maraschino, and place the jug in ice to get quite cold. Add also, if possible, a small bunch of balm, and another of borage. After letting this stand in ice for half an hour or more, strain it off into the “cup,” grate a little nutmeg over the top, and add a bottle of iced soda-water, just before serving.

N.B.—A ripe orange sliced up can be used instead of the lemon; avoid, however, adding the two outside slices, as it is apt to make the cup bitter.

Noyeau can be substituted for Maraschino. When there is no liqueur obtainable, two or three drops of essence of almonds added to the brandy is almost as good as noyau.

The balm and borage are not absolutely indispensable.

Champagne Cup.—Pour a bottle of iced champagne into the cup; add two slices of lemon-peel, one thin strip of cucumber, a small bunch of balm, and another of borage when obtainable. Add a teaspoonful of Maraschino, and a bottle of iced soda water. Put a small lump of ice in the cup.

N.B.—Two or three slices of a ripe orange may be substituted for the lemon.

Badminton Cup.—One bottle of sound Burgundy. Syrup to taste. One orange cut in slices, rind and all. A strip of cucumber-peel. A bunch of balm and another of borage. If possible, add to these a few leaves of verbena, and a wineglassful of Curaçao.

Let all this stand in a jug in the ice for an hour, then strain it off, add a bottle of iced soda-water, just before serving.

Cider Cup.—Pour one quart of cider into a jug, add a bunch of balm, and another of borage, two or three slices of lemon, or an orange sliced up, avoiding the two outside slices. A little syrup can be added or not, according to the sweetness of the cider. Add also a good-sized glass of golden or brown sherry, a small glass of brandy, and a

teaspoonful of Maraschino. Let this stand and cool in the ice. The cider should be iced before the bottle is opened if it is sparkling cider. When quite cool, strain off. Add a very little grated nutmeg, and a bottle of iced soda-water.

Beer Cup.—Take a quart of strong Bass's Al Burton ale. Add to it a little brown sugar, about half an ounce, some grated ginger, and about half a grated nutmeg. Let this stand for about an hour, stirring occasionally. Then add a large piece of crust of bread, toasted a dark brown, similar to that used in making Toast and Water. Let this swim in the cup, which must not be iced. This cup is more suitable for winter than summer. It can be handed round with the cheese.

Pineapple Cup.—Cut up a ripe pineapple into very thin slices, and add them to a bottle of iced champagne. Add also, if possible, a few verbena leaves, a dessertspoonful of Maraschino, and a bottle of iced soda-water.

Moselle Cup.—Proceed exactly as in making Champagne Cup, with the exception of no cucumber-peel. Orange cannot be substituted for lemon. The lemon must be fresh and hard.

Hock Cup.—One bottle of Hock, a bunch of balm and another of borage, two or three slices of lemon, or five or six of orange, a small glass of brandy, and a teaspoonful of Maraschino. Also a very little syrup can be added. Let all stand and get quite cold in a jug, then strain off, and add one or two bottles of iced soda-water before serving.

Currant Dumpling.—Proceed exactly as in making suet dumplings (see SUET DUMPLINGS),

with the exception of mixing a quarter of a pound of dried currants to every half pound of flour. Pick the currants free from the stalks.

Currant Jam. (See JAM.)

Currant Jelly, Black. (See JELLY.)

Currant Jelly, Red. (See JELLY.)

Currant Pudding, Fresh. (See PUDDING, FRUIT.)

Currant Water Ice. (See ICE WATER FRUIT.)

Currants for Dessert.—Red, black, and white currants for dessert can be crystallised as follows :—Moisten the currants in a little weak gum—one lump of gum arabic dissolved in a wineglassful of water, or one white of an egg beaten up in a wineglassful of water ; then cover the currants with powdered sugar, and let them dry on paper. The effect is very pretty. The currants can be strung or crystallised in the bunch. If you string the currants, after they are crystallised place them on a dessert dish as follows : First, some clean green leaves, such as vine leaves ; then the red currants spread out ; next, a pile of white currants on the top of the red, leaving a red border ; next, a small heap of black currants on the top, to complete the pyramid.

Curry.—Curry is meat, or fish, or indeed any kind of food, served up in a sauce made with curry powder or paste. This paste or powder is usually bought ready-made. It is composed of various spices and colouring matter, and is very

hot. Curry is a favourite dish in hot climates, especially India.

Curry Sauce.—Take six large onions. Peel them, and slice them, and fry them of a nice brown colour in a frying-pan, using about two ounces of butter. Next, take two sour apples, about the same size as the onions, or rather larger, peel them, cut them up, and carefully remove the core. Add these pieces of apple to the fried onions in the frying-pan, and also a pint of good Stock No. 3.

Let it all simmer till tender ; then add a dessert-spoonful of Captain White's Curry Paste and a dessertspoonful of curry powder.

Rub the whole through a wire sieve (see No. 21), and if not sufficiently thick, add a little brown thickening. (See No. 12.) Make whatever meat has to be curried hot in this sauce, and, if possible, warm up two or three bay-leaves (whole) in it, sending the bay-leaves to table in the curry.

If you have no curry paste, you must use an extra quantity of curry powder.

If the curry powder be old and poor, add a teaspoonful of some fresh-powdered coriander seeds ; these can be got from any chemist.

When you curry fish you can use fish stock, and less onion. Bay-leaves are always a great improvement made hot in the sauce and kept in it. These should never be forgotten where there is a bay-tree.

Curry sauce can be varied in flavour by adding grated cocoa-nut ; and for Indian palates cayenne should be added, as well as chilies served up in it whole.

Boiled rice should always accompany curry, and should be served on a *separate* dish. This is best on all grounds, including the important one of the remains of the curry and rice being so easily served up again—say, a little left for breakfast.

Meat should be cut up small, the fat not forgotten; or, better still, when possible, the meat or fish shredded. For first-class curry, the meat or fish should be cooked especially for it. Meat warmed up is only a makeshift.

Custard.—Take a pint of milk, boil it and sweeten it; thicken it with four, or still better five, eggs well beaten up. (See No. 14.) Custard can be flavoured by boiling bay-leaves in the milk, or by adding essence of vanilla, or of almonds. The sugar may be rubbed on lemon-peel. A little brandy may be added, and a little grated nutmeg on the top in any case, whatever the flavouring.

Custard Pudding, Boiled and Baked.—Instead of thickening as above, the mixture can be boiled in a basin (see 24), or baked in the oven. In this case the mixture will set, and not be liquid.

Cutlets.—A cutlet is really a small piece of meat. A cutlet can be grilled, or fried, or cooked wrapped up in paper. Cutlets can be cooked plain, or dressed. They can be served with almost an infinite variety of sauces.

Cutlets, Plain.—Cutlets are sometimes grilled quite plain on the gridiron, especially mutton cutlets. (See No. 5.)

Cutlets, Dressed Ordinary.—The ordinary method of dressing cutlets is to egg-and-bread-crumb them.

(See No. 20.) In doing this, pepper and salt the cutlets before flouring them. In the case of veal cutlets it is an improvement to sift some mixed sweet herbs (see HERBS) over the raw meat as well.

Mutton cutlets are best boned and egg-and-bread-crumbed (see No. 20). If the fat be sufficiently hot they will not take more than thirty seconds to fry (see No. 6), if cut thin (three-eighths of an inch thick). They should then have a rich brown colour.

Lamb cutlets will take a few seconds longer to cook than mutton.

Veal cutlets will take double the time of mutton cutlets.

If the veal cutlet is large, and an inch thick, the fat must not be too hot, and plenty of time allowed—perhaps fifteen minutes.

All cutlets, especially small ones, should be sent to table very quickly after being cooked.

When cutlets are not boned, have ready little tiny paper frills to tie round the bone.

The best part of the meat for all cutlets is the loin. The fillet part only is best for veal, but any little piece of raw meat will make a nice cutlet when cut thin. You cannot cook cutlets when small unless the fat is very hot. The bread-crumbs must brown nicely in thirty seconds.

You cannot warm up cutlets without spoiling them. The best way to serve cold cutlets is to arrange them neatly in a dish, with some vegetable salad in the middle—such as mixed cold boiled carrot, turnip, &c., cut up in neat little pieces. (See MACEDOINES.)

Dabs.—Dabs are small flat fish caught near the sea. They are best fried quite plain (see No. 6), or boiled, and sent to table in the water in which they were boiled. (See FLOUNDERS, SOUCHET.)

Damson Jam. (See JAM.)

Damson Pudding. (See PUDDING, FRUIT.)

Damson Tart. (See PIE, FRUIT.)

Devil, To.—To devil anything is to make it very hot by means of cayenne pepper, ordinary pepper, mustard, &c., as well as by fire. Cold meat is devilled by sprinkling it with mixed cayenne, black pepper, and salt; then rubbing the meat with French mustard, and making it hot through over a gridiron. Sometimes the pepper, &c., is mixed with butter, the meat sliced in gashes, and the mixture inserted in the gashes; then grilled.

Drumsticks of fowls should be cut in gashes longways, the mixture inserted—say, French mustard and cayenne—then buttered, and grilled.

Devil Sauce.—Mix a dessertspoonful of ordinary made mustard with an ounce of oiled butter; add cayenne and black pepper to taste. Mix thoroughly, and pour over a chop or any grilled meat. This sauce gets thicker as it cools.

Devil Sauce (another way).—Fry some chopped onion, or, far better, some chopped spring onions in a little butter till nearly brown, add a dessertspoonful of Harvey's sauce, and let it boil away, or rather evaporate, for a few minutes; then add a quarter of a pint of water, or, still better, stock, a teaspoonful of extract of meat, half a saltspoonful

of cayenne pepper, a little black pepper, thicken slightly with a little corn-flour (see No. 13), and pour over a chop or any grilled meat. Mix the sauce well, and serve the chopped onions in the sauce.

Dripping.—Great care should be taken of the dripping from all kinds of meat, either roasted or baked. Beef-dripping makes a very nice “buttered” toast. In roasting or baking joints of any size, it is best to take away some of the dripping before the joint has done cooking, as, if exposed to heat long it is apt to turn colour.

To clarify dripping, pour the hot dripping into boiling water, and stir it up, and let all get cold. When cold take off the cake of dripping, and scrape the bottom where the dirt has settled.

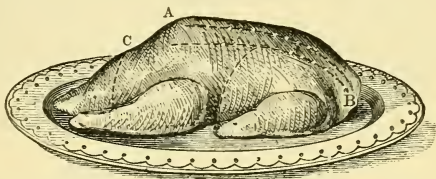
Dutch Sauce.—Thicken a little butter sauce (see BUTTER SAUCE) with the yolks of two eggs. (See No. 14.) Take care the yolks don’t curdle. Add a little lemon-juice the last thing, and very little grated nutmeg. A quarter of a pint of butter sauce to two yolks, and rather more than a teaspoonful of lemon-juice, and a little pepper and salt.

Duck, Roast.—This universal favourite requires no praise. Without entering into the question of the best duck, we say at once, take a young farm-yard duck fattened at liberty, but cleansed by being shut up two or three days and fed on barley-meal and water. Two small young ducks make a better dish than a large, handsome, hard-fleshed drake, which, as a rule, is best fit for a stew. If the poulterer does not prepare the duck, it must be

plucked, singed, and emptied ; the feet scalded, skinned, and twisted round on the back of the bird ; head, neck, and pinions cut off, the latter at the first joint, and all skewered firmly to give the breast a nice plump appearance. For the stuffing, take half a pound of onions, a teaspoonful of powdered sage, three tablespoonfuls of bread-crumbs, the liver of duck parboiled and minced with pepper, salt, and cayenne. (See SAGE-AND-ONION STUFFING.) Cut the onions *very* fine after parboiling them, and add the bread-crumbs, minced liver, sage, pepper and salt to taste ; mix, and put it inside the duck. This quantity is for one duck ; more onion and sage may be added, but we recommend the above as a delicate compound not likely to disagree with the stomach. Let the duck be hung a day or two, according to the weather, to make the flesh tender. Roast before a brisk clear fire (see No. 3), baste often, and dredge with flour to make the bird look frothy. Serve with a good brown gravy (see GRAVY) served separate, in a tureen. A very little may be poured over the bird, and apple sauce (see APPLE SAUCE) in another tureen. Time : ducks, three-quarters of an hour to an hour ; ducklings, twenty-five to thirty-five minutes. Probable cost, 3s. to 4s. each. Sufficient, two ducks for seven or eight persons.

Duck, Roast, To Carve.—A young duckling should be carved in the same way as a fowl, the leg and wing being taken off, first of all, on either side. (See FOWL, ROAST, TO CARVE.) A full-sized bird should be carved like a goose. First cut slices from the breast, in the direction indicated in the

figure by the dotted lines from A to B. The first slices are to be cut close to the wing ; then proceed upwards towards the breast-bone. The legs and wings may afterwards be attacked. An opening is



ROAST DUCK.

to be made, shown by the dotted line c, to get at the stuffing.

Duck, Wild. (See WILD DUCK.)

Dumplings, Plain. (See SUET.)

Eels, Boiled, or Water Souchet of Eels.—Boil the eels till tender, and serve them in the water in which they were boiled, after carefully skimming and straining. Throw in one or two sprigs of parsley, and serve thin brown bread and butter with them.

Eels, Fried.—Skin and wash the eel. If large, take out the bone. Cut the eel into pieces about three inches long. Egg-and-bread-crum (see No. 20), and fry (see No. 6). Eels can also be fried without being egg-and-bread-crumbed, but simply floured,

Eels, Stewed.—Cut the eels into pieces about three inches long ; stew them gently in a little

No. 3 Stock and a teaspoonful of sweet herbs. When quite tender, take out the eels and strain the stock. Season it with a little pepper and salt and a dessertspoonful of ketchup ; also, if possible, some port-wine dregs. Add also a little finely-chopped parsley. Thicken the stock with a little brown thickening ; skim off any fat ; warm up the eels in the stock ; and serve with some fried bread. A few small mushrooms are a great improvement.

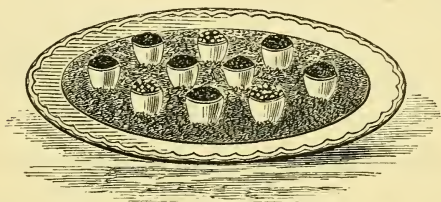
Egg-balls for Soup.—Powder some hard-boiled yolks of egg ; then moisten with some raw yolk, till you can roll the mixture into a ball. Roll up into balls the size of small marbles, dip into flour, and throw into boiling water till set ; then drain, and throw them into the soup before serving. Some chopped parsley can be mixed with the egg.

Egg Sandwiches.—These are the best sandwiches for travelling. Cut some thin bread and butter. Sprinkle these on the buttered side with mustard and cress. Cut some hard-boiled eggs into thin slices ; cover one side of bread and butter, sprinkle with pepper and salt, and cover the other over it. Trim the edges with a sharp knife, and cut into nice little triangular pieces. Wrap up the sandwiches in lettuce-leaves and then in paper, if wanted for travelling.

Egg Sauce.—Make some butter sauce (see BUTTER SAUCE), and, if for fish, use the fish stock (see No. 10, Stock No. 5) for the sauce. Cut up some hard-boiled eggs into little pieces, and warm them

up in the sauce. The eggs should be cut up very fine, but not quite minced.

Eggs (à la Bonne Femme).—Get six eggs of the same size, large ones, boil them ten minutes, and, when cool enough, remove the shells carefully. Divide them equally in halves, take out the yolks, and cut from each the pointed tip of white, that



EGGS (À LA BONNE FEMME).

they may stand flatly. Make *tiny* dice of some cold chicken, ham, boiled beetroot, and the yolks of the eggs. Fill the hollows with these up to the brim, and pile the dice high in the centre—two of ham and chicken, or separately, two of boiled beetroot, and two with the hard yolks. Arrange some neatly-cut lettuce on a dish, and place the eggs amongst it. Sufficient for three persons.

Eggs (à la Tripe).—Cut half a dozen onions in slices, let them fall into rings, and fry them in butter, without browning them. Take them up and put them aside. Mix a spoonful of flour with the butter to make a paste, and add milk or broth

to make a smooth thick sauce. Put in the onions, and stew them gently till tender. Remove the shells from some hard-boiled eggs, slice the white parts, and leave the yolks whole. Put the whites, sliced also into rings, and add them to the sauce with the onions till hot. Serve in a hot dish, and garnish with the uncut egg-yolks.

Eggs and Spinach.—Boil some spinach (see SPINACH), and, when placed in the dish, place some poached eggs on the top, or hard-boiled eggs, hot (the shells being removed), and cut into halves. Press the halves of the hard-boiled eggs into the spinach, to make them stand on end.

Eggs, Boiled.—Put the eggs carefully into boiling water, and boil for three minutes—a few seconds more or less as they are liked hard or soft. Eggs are always best boiled in the room. New-laid eggs, fresh from the nest, look milky when open. These are eggs in perfection, but rarely to be met with in the present day.

Eggs, Curried.—Cut some hard-boiled eggs in halves. Cut off the white end sufficiently to make them stand upright. Pour some curry sauce round them. (See CURRY SAUCE.)

Eggs, Devilled.—Cut some hard-boiled eggs—say, half a dozen—into halves. Remove the yolk, and cut the end off each white cup, so that it will stand upright. Pound the yolks in a basin with some butter, till they are smooth and moist enough to be formed into shape. Add a dessertspoonful of anchovy sauce and a saltspoonful of cayenne

pepper. Fill the cups with this mixture, and pile it up.

These can be eaten hot or cold, but are, I think, best cold. This is an excellent supper dish.

Eggs, Fried.—Just as in making an omelet it is absolutely essential to have a clean frying-pan, so, in frying eggs, a new, or at any rate a clean, unburnt frying-pan must be used. Break the eggs separately into a cup. (See No. 15.) Moisten the frying-pan with a little butter, lard, bacon fat, or dripping, but only a little. Fry the eggs gently, and take care they don't stick. As soon as the white is set, take them out carefully with a slice. If you put too much fat in the pan, bubbles will rise under the eggs.

N.B.—For some entrées ornamented with fried eggs, the eggs are “really fried”—*i.e.*, “boiled in fat.” For this purpose the fat should be not less than four inches deep. The eggs are then slightly brown all over, like a ball.

Eggs, Hard-boiled.—Place the eggs in cold water in a saucepan, bring the water to a boil, and let the eggs boil for ten minutes after the water comes to the boiling-point. Take out the eggs, and let them get cold in cold water. When cold remove the outer shell, but do not cut up hard-boiled eggs for garnishing purposes till close upon the time they are wanted, as the yolk dries up, and very soon gets discoloured.

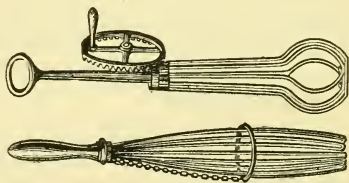
Eggs, Poached.—Break the eggs (see No. 15) separately into a cup. Let them slide gently into some boiling water which has two or three drops of

vinegar in it. Take the eggs out directly the whites have set with a slice, trim the edges, and place them on hot buttered toast. Eggs are sometimes conveniently poached in a frying-pan. Eggs, when poached in quantity, are apt to run together.

Eggs Poached in Gravy.—Poach the eggs in gravy instead of water. Serve them in their gravy, if clear. Or, poach the eggs in water, and serve with rich gravy poured round.

Eggs, To Thicken with. (See No. 14.)

Eggs, Whisked.—A common wire whisk, as represented in the engraving, is the best for this purpose. Break the eggs to be whisked separately (the yolks from the whites), and remove the thread from each one with a fork before commencing to



EGG WHISKS.

whisk. Beat the yolks till they are light, and the whites till no liquid remains in the bowl: they should be a strong solid froth. Experience, however, is the best guide for this process. No time can be specified, as much depends on the steadiness of the person manipulating.

Endive.—This is useful as a salad for winter.

It should be carefully washed, and dressed as an ordinary salad. (See SALAD, To DRESS.)

Fish, Cold, To Re-dress.—Any kind of cold fish can be warmed up, after all the bones have been removed, in the remains of the sauce served with them. The fish should be cut up small, placed in saucers or scallop shells, some bread crumbs and raspings shaken over the top, and a few little pieces of butter on them, and the whole warmed up in the oven. Season with pepper and salt.

Cold fish can always be warmed up in some curry sauce (see CURRY SAUCE), or fish sauce from bones. (See FISH SAUCE.)

Fish, Fresh-water, of all kinds.—Fresh-water fish are in many parts of the country very abundant, and are too often neglected as an article of food. The probable reason of this is, first, cooks do not like the trouble of cleaning the fish, and, secondly, suffer from the common error of vulgar minds that what *costs* nothing is consequently good for nothing.

In many parts of the country, fresh-water fish are *caught for sport*, and then thrown away.

A very nice way of cooking nearly every kind of fresh-water fish is to stew them in a little Bordeaux wine, either red or white, with a little onion, or, better still, garlic, some thyme, bay-leaf, parsley, and sometimes a little carrot, cut up. Stew the fish till done, basting it in the liquor, and turning it. Then take out the fish, bringing the sauce to the boil. Strain it, leaving in the cut-up carrot, skim it, thicken with butter and flour, or arrowroot (see

Nos. 12 and 13), make hot, and pour over the fish. Season first with pepper and salt. A little soy may be added.

The sauce can be thickened, also, with corn-flour (see No. 13), or white or brown roux. (See No. 12.)

Fish Sauce, from Fish Stock.—The best fish sauce for fish is made from the liquor in which the fish was boiled, or, still better, from fish stock made by boiling the fish bones, trimmings, fins, &c. (See BUTTER SAUCE.) Boil down the fish stock from the bones, adding a slice of onion, a little parsley, as if for ordinary stock. Boil away (see No. 26), till about half a pint is left. Strain it off, add a little extract of meat, a little soy, a little brown thickening (see No. 12), and a little mushroom ketchup. A teaspoonful of port-wine dregs will improve it. This is an admirable fish sauce for all baked fish that have been stuffed with veal stuffing. Extract of meat is not essential. Butter and dripping can be substituted for suet and ham in the stuffing for the fish.

Fish Sauce, White.—Boil down the stock from the bones (see No. 26), without adding any onion or parsley, or, perhaps, add one little piece of onion; strain it and thicken thoroughly with white thickening (see No. 12), or butter and flour. Pour over the fish, and ornament with chopped parsley and little pieces of red chili or capsicums, little slices of green pickle, skins of pickled walnuts, &c.

Flounders.—These fish are best either Souchet or fried. For the first, boil them till tender, and

send to table in a vegetable-dish, in some of the water in which they were boiled. Throw in a sprig or two of parsley. Brown bread and butter should always be served with flounders Souchet. (For FRIED FLOUNDERS see No. 6.) Dabs can be cooked like flounders, and, indeed are often sold as such.

Flummery. (See RICE FLUMMERY.)

Fowl, Boiled.—Truss the fowl for boiling. Boil in the ordinary manner. (See No. 1.) Serve either white sauce, parsley and butter, Béchamel sauce, or sometimes oyster sauce. Time: large fowl, one hour and a quarter; small spring chicken, half an hour; intermediate sizes, in proportion. Boiled bacon, tongue, or ham should be served with boiled fowl.

Fowl, Curried.—The remains of a cold fowl make one of the best curries. Cut the meat off the bones, shred it, warm it up in curry sauce. (See (CURRY SAUCE.) Use the bones for stock. (See No. 10.)

Fowl, Grilled.—Butter the remains of a cold fowl, cut into joints, pepper and salt them, and make hot through on the gridiron over a clear fire. (See No. 5.)

Fowl, Minced.—The remains of a cold fowl or turkey, either roast or boiled, will make an excellent mince, which can be served as a separate dish, or can be used for making rissoles (see RISSOLES), or for filling small patty cases. (See PATTIES.) Take

the cold fowl and remove every particle of meat from the bones, scraping them. Put the bones on to simmer for two or three hours in some No. 3 Stock, with a slice of onion or a bead of garlic (see No. 10), and let the stock boil away so that when it is cold it is a very hard jelly.

When the stock has reduced itself by boiling (see No. 26) till it is nearly a glaze, when hot add to it a little milk, boiled separately, sufficient in quantity to make enough white sauce to just moisten the mince. Add a very little finely-chopped parsley, and warm up the minced fowl in this sauce without letting it boil. Serve some fried croutons of bread round it. (See No. 7.)

N.B.—A few mushrooms stewed in the gravy are a great improvement. A small tin of mushrooms may be added. The liquor in the tin can be added to the stock, and allowed to boil away with it.

A few sliced or chopped truffles are also a great improvement, as also a little finely-chopped ham, rather lean. When this mince is wanted for patties, rissoles, or “vol au vents,” cream should be used instead of milk.

Minced fowl can be served with poached eggs on the top of the mince. When this is done, place a fried crouton of bread between each egg, and, if possible, ornament the dish with a few pieces of bright red tongue or red lean ham. This is an excellent dish for invalids.

Minced fowl can also be served up in a border of rice. (See RICE BORDERS.) The rice border can be glazed, and the mince piled up in the middle. A very handsome dish can be made by ornamenting this—especially if the mince is made with cream—

with black truffles and small red crayfish, or pieces of red tongue.

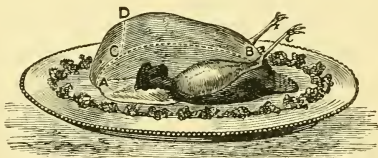
Minced fowl can also be served up in a border of macaroni, boiled tender in milk, formed into a border, covered with Parmesan cheese, and browned in the oven.

Another excellent border to serve up round minced fowl can be made from potatoes. (See POTATO BORDERS.)

Fowl, Potted. (See POTTED MEATS.)

Fowl, Roast.—Truss for roasting. Roast in the ordinary manner. (See No. 3.) Serve good brown gravy (see GRAVY), and bread sauce (see BREAD SAUCE) with it; also sausages or boiled ham, tongue, bacon, pickled pork. Time to roast: large fowl, one hour and a quarter; small chicken, half an hour; intermediate sizes, in proportion.

Fowl, Roast, To Carve.—Insert the knife between the leg and the body, and cut to the bone;



ROAST FOWL, TO CARVE.

then turn the leg back with the fork, and, if the bird is not old, the joint will give way. The wing is next to be cut off, and this is done in the

direction of A to B, only dividing the joint with the knife. The four quarters having been removed in this way, take off the merrythought and the neck bones ; these last are to be removed by putting the knife in at c and pressing it, when they will break off from the part that sticks to the breast. Next, separate the breast from the body of the fowl, by cutting through the tender ribs close to the breast, quite down to the tail. Turn the fowl now back upwards ; put the knife into the bone midway between the neck and the rump, and on raising the lower end it will separate readily. Turn the rump from you, and take off very neatly the two side bones, which completes the operation. The breast and wings are considered the best parts of a roast fowl, but in young birds the legs are the most juicy. In the case of a capon or large fowl, slices may be cut off the breast, just as is done when carving a pheasant (see PHEASANT, To CARVE). A boiled fowl is carved much in the same way as a roast fowl.

Fowl, To Truss (Boiled).—Pluck, draw, and singe the fowl, and then wipe it. Cut off the neck even with the back, but leave enough skin to roll back neatly. Take off the feet, and insert the legs in a slit of the skin made in the sides. Pass a skewer through the leg and the bottom of the wing (the other part of the wing should be twisted over the back) through the body ; do the same on both sides. Roll and skewer the skin of the neck, and put the rump through a slit made in the apron. Secure with string across the tops of the legs, and make all firm before boiling ; then rub the fowl with a slice

of lemon. White-legged fowls are best in point of colour for boiling.

Fowl, To Truss (Roast).—Pluck, draw, singe, but do not wash the fowl. Wipe it with a couple of clean cloths, and use white paper when singeing it. Cut off the head and neck, and fold the skin over the back. Scald and scrape the legs, cutting off the claws, and fasten the pinions and legs with a skewer long enough to secure the other pinion and leg. Put the liver in one wing, and the gizzard in the other, and skewer the fowl firmly before it is put to the spit. A trussing-needle threaded with twine should be used for this purpose; bring it through the backbone, and secure the string on the other side.

Fritters.—Almost every kind of fruit will make fritters, which may be described generally as something nice and soft fried in batter. (Read carefully No. 6; and BATTER.) In making fritters, the substance fried, if a sweet, must be dried with powdered sugar before dipping into the batter; if a meat, with flour.

The most delicious of all meat fritters are made with a savoury substance which when *hot* is a *liquid*. For this purpose the substance, when *cold*, must be a *hard jelly*. Suppose we have a sort of forcemeat of a little minced fowl (see FOWL, MINCED), highly seasoned with onion or garlic, a little mixed sweet herbs, chopped parsley, the whole made into moist squash, with strong chicken stock made from the bones, boiled down (see No. 26), mixed with a little boiling milk. Put this moist mixture into a dish half an inch deep, and let it get cold

and set into a *hard* jelly. Cut little round pieces out—say, an inch and a half in diameter. Flour these rounds of jelly, dip them in batter (see BATTER), and plunge into *smoking-hot fat*. (See No. 6.) The heat hardens the batter before it has time to melt the mixture, which melts afterwards. Consequently, on cutting the hot fritter on the plate, a gush of a moist, savoury, delicious forcemeat pours on to the plate. Those unversed in the science of cooking wonder how this dish is done, with as good cause as a certain Royal personage wondered how the apple got into the dumpling.

Capital fritters are made with liver forcemeat (see LIVER FORCEMEAT), seasoned with garlic. This is a very savoury and very cheap Italian dish.

Fruit Ices. (See ICES, WATER FRUIT.)

Fruit, Stewed.—Nearly all kinds of ordinary fruit can be stewed, by being placed in a pie-dish or jar, with a little water, sugar, from a quarter of a pound to three quarters of a pound to a pound of fruit, and left to stew in the oven. It should be occasionally stirred with a spoon. When tender it can be served either hot or cold, by itself or with boiled rice and plain suet pudding. This is often more convenient than making fruit puddings or pies. An admirable dish for children. Never cook or eat stale fruit, which is absolutely injurious.

Fry, To. (See No. 6.)

Garlic.—(See No. 25.) The outer skin of the root contains a number of small dry pieces about

an inch in length : each of these pieces is called a bead.

Gelatine. (See JELLY).

German Salad.—Take any kind of cold cooked vegetables, such as potatoes, carrots, turnips, greens, &c.; dress as an ordinary salad. (See SALAD ; MACEDOINE.)

Giblet Pie.—Stew a set of goose giblets, (see No. 2,) or duck giblets, after scalding them in a little No. 3 Stock with about a teaspoonful of mixed sweet herbs. (See HERBS.) This will take a couple of hours, very likely, before they are tender. Take them out, strain off the stock, remove the grease, make a meat pie, (see PIE, MEAT) with the giblets and some beef-steak, using the stock in which the giblets were stewed for gravy. A piece of onion, the size of the top of the thumb, can be chopped up and put in the gravy. Add also a teaspoonful of chopped parsley, and plenty of black pepper and a little salt.

Giblet Soup.—Scald the giblets, cut them up into small pieces, stew them in some No. 3 Stock. (See No. 10.) One set will make a quart. Add a dessertspoonful of savoury herbs. Stew till the giblets are quite tender, then take out the pieces of giblets and strain the soup to get rid of the savoury herbs. Thicken the soup with brown thickening (see No. 12) till it is as thick as cream. The No. 3 Stock must have its full allowance of extract of meat. Get rid of the fat. Flavour with pepper and salt, and a tablespoonful of sherry ; warm the giblets up in the soup. A little lemon-juice may be added.

Giblets, Stewed.—Stewed giblets are really giblets served up in a very little giblet soup, the gravy of course being better because less in quantity.

Glaze.—Glaze is really first-class clear stock, of a good colour, boiled away till it becomes sticky. A quick and cheap glaze for hams, tongue, cold fowls, &c., can be made by boiling two or three beads of garlic, or an onion, in a quarter of a pint of water, half an ounce of gelatine, sufficient extract of meat to make it look a rich, dark mahogany colour; add also a teaspoonful of soy. This will, of course, be bright. Let it get nearly cold; when it begins to get thick, brush the ham, &c., using a brush; what is left of the glaze can be added to the Stock, No. 1, 2, or 3.

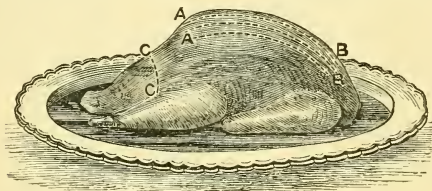
Glaze for Pastry.—Beat up the yolk of an egg with a teaspoonful of hot water, or rather more if you want a light colour. Brush the pastry with this, using a brush, when half-baked, or before baking has commenced.

Goose, Potted. (See POTTED MEATS.)

Goose, Roast.—A roast goose is generally filled with sage-and-onion stuffing (see SAGE-AND-ONION). The way in which this is made must depend upon the taste of those who have to eat it. If a strong flavour of onion is liked, the onions should be chopped raw. If this is not the case, they should be boiled in one, two, or three waters, and mixed with a smaller or larger proportion of bread crumbs. It should be remembered, when bread crumbs are used, room should be allowed for swelling. Truss

the goose firmly, tie the openings securely, put it down to a clear, brisk fire, and baste it plentifully until done enough (see No. 3). A goose is both unwholesome and unpalatable if insufficiently cooked. Take it up, remove the skewers and fastenings, pour a little gravy round it, and send some good gravy (see GRAVY), and apple sauce to table with it. Time, from an hour to an hour and a half for a middling-sized goose.

Goose, Roast, To Carve.—Begin by turning the neck end of the goose towards you, and cutting the whole breast in long slices, from one wing to



GOOSE, ROAST, TO CARVE.

another (see the lines A, B). To take off the leg, insert the fork in the small end of the bone, pressing it to the body, put the knife in at A, turn the leg back, and, if the bird be young, it will easily come away; if old, we will not answer for it. To take off the wing, insert the fork in the small end of the pinion, and press it close to the body; put the knife in at B, and divide the joint. When the leg and wing are off one side, attack those on the other; but, except when the company is very large, it is seldom necessary to cut up the whole goose.

The back and lower side bones, as well as the two side bones by the wing, may be cut off; but the best pieces of a goose are the breast, and the thighs, after being separated from the drumstick. Serve a little of the seasoning from the inside, by making a circular slice in the apron at c.

Gooseberry Fool.—Pick a pound of green gooseberries, stew them with a little water and three quarters of a pound of sugar till they are perfectly tender, then rub them through a wire sieve, and add them to rather more than half a pint of milk previously boiled, and in which a dessertspoonful of Swiss milk has been dissolved. Swiss milk added to milk makes it more like cream, but a proportionately less quantity of sugar must be used. Gooseberry fool is served cold.

Gooseberry Jelly. (See JELLY, FRUIT).

Gooseberry Jam. (See JAM).

Gooseberry Pudding. (See PUDDING, FRUIT).

Gooseberry Tart. (See PIE, FRUIT).

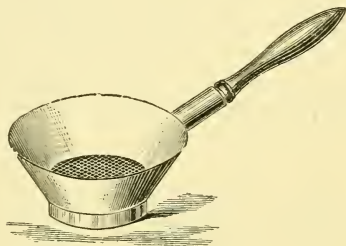
Grape Ice. (See ICE, WATER FRUIT.)

Grape Jelly. (See JELLY, FRUIT).

Gravy—Clear, and Rich Brown.—It is very rarely that really good gravy is met with in small private houses, the simple reason being that cooks have never heard of brown thickening (see No. 12.).

Good clear gravy, when served separate in a tureen—I do not mean what runs out of a joint—is simply good clear stock reduced (see No. 10, and No. 26). Good, rich, brown gravy is simply good

stock, such as No. 3 Stock (see No. 10), reduced (see No. 26), and thickened with brown thickening (see No. 12). Suppose you want some good, rich, brown gravy for a roast goose, hare, turkey, fowl, or any kind of game; the gravy to be served in a tureen separate. Take some No. 3 Stock (see No. 10). We will take good, fair stock to mean, that it is a light jelly when it is cold. To make what we may call *rich* brown gravy out of this, you must boil it half away (see No. 26). That



GRAVY STRAINER.

is, a quart of stock will make a pint of gravy. Next, thicken this with brown thickening (see No. 12). Let it be of the consistency of good cream. Let it boil, and take care that the fat and grease—in fact the butter in the brown thickening—is thrown up and skimmed off. If the brown thickening was rather light in colour, a few *drops* of “Caramel” (see No. 19) may be added. Don’t spoil the gravy with ketchup added in any quantity: a *very* little may be added. Worcester sauce spoils gravy. If you feel dissatisfied with it on account of its simplicity, put in one or two beads of garlic,

or a teaspoonful of port-wine dregs, a teaspoonful of tomato pulp, especially for fowls or turkeys, but not for game. Better than all, some more extract of meat. If you wish to add wine, add it very sparingly. In fact, remember the best gravy is that in which the original flavour of the meat is the most retained.

Gravy before serving should always be strained once, to make sure of there being no burnt pieces, &c. The best wine for gravy is Madeira; next, golden sherry. It is a common mistake to add too much. You cannot be too careful about removing all the grease or fat from gravy, especially when brown thickening has been used. Read carefully how to remove grease from No. 4 Stock. (See No. 10).

Gravy Soup.—Take some No. 3 Stock (see No. 10), thicken it *very* slightly with some brown thickening (See No. 12.), remove all grease, add a little extra quantity of Liebig's Extract of Meat.

Gravy for Hash.—In making gravy for hash, avoid using brown thickening. (See HASH.)

Greengage Jam. (See JAM.)

Greengage Pudding. (See PUDDING, FRUIT.)

Greengage Tart. (See PIE, FRUIT.)

Greengage Water Ice. (See ICE, WATER, FRUIT.)

Green-pea Soup. (See PEA-SOUP.)

Green-peas, To Boil. (See PEAS.)

Greens. (See CABBAGE.)

Grey Mullet.—An inferior fish, best cooked by cutting open, grilling (See No. 5.); then adding

a little butter, pepper, and salt, chopped parsley, and lemon-juice. It may also be boiled plain like salmon.

Grouse, Norwegian, or Ptarmigan.—These birds are real grouse, the plumage of which has been affected by climate, and the flavour by food. Treat them as ordinary grouse. They will bear a great deal of keeping. Those that have fed on young mountain firs have a taste of turpentine, and are worthless. Those that have fed on the open plains are nearly equal to English grouse. A delicate scent will detect the turpentine smell. I have bought Norwegian grouse for eightpence each equal to English grouse, but buying them is rather a lottery.

Grouse, Potted. (See POTTED MEATS.)

Grouse, Roast.—Pluck and draw the bird, but do not wash or damp the inside. Truss like a fowl. Roast or bake in the oven; when half done place a piece of buttered toast under the bird. Baste as much as possible. Time: from twenty-five minutes to thirty minutes. Serve with it bread sauce, (See BREAD SAUCE), fried bread crumbs (see No. 7), and good gravy (see GRAVY), not spoilt by being flavoured.

Grouse, Salmi of.—The remains of the grouse can be warmed up in brown gravy, and a tablespoonful of sherry added; also some fried bread, and a few olives.

Gruel, Oatmeal.—Add a tablespoonful of oatmeal to a little water, mix it smooth, and add it gradually to a pint of boiling water; keep stirring. Let it boil for about a quarter of an hour. The

same method should be pursued for making gruel from Prepared Barley, or Patent Groats.

Gudgeon.—Gudgeon is a fresh-water fish, small, but delicate in flavour. It can be cooked like most other fresh-water fish, by being stewed in wine (See FISH, FRESH-WATER), or it can be fried. The fish should be cleaned thoroughly inside, but the scales need not be scraped off. When the fish is fried, after cleaning, flour it, egg-and-bread-crumb it (see No. 20), and fry (see No. 6). Time, from three to five minutes, according to size. Fried gudgeon, like smelts, make a nice garnish for larger fish.

Guinea-fowl.—This is a dry bird, and should be cooked in every respect like a young roast turkey. Cover the breast with strips of fat bacon ; brown it after taking off the bacon quickly in front of the fire. Time, about one hour.

Gurnet.—The gurnet is best stuffed with veal-stuffing, and baked. It is a dry fish, and to be nice should be constantly basted, or covered with fat bacon. It can also be stewed in wine, but it requires some additional flavouring to make it nice.

A cheap way is to stew it with onions very gently till it is tender ; or it can be boiled plain (see No. 1), and eaten with black butter. (See BUTTER, BLACK.)

Haddock, Smoked.—The best and simplest way to cook a smoked haddock is to put it on a gridiron over a clear fire, and grill it. A moderate-sized one takes about six or ten minutes. The time

varies with the *thickness*. Always grease the grid-iron. Rub a piece of butter over it to make it look moist before sending to table.

Some boil the haddock for a few minutes, and then bake it a short time in the oven ; or it can be plain boiled. Put it into cold water. When it boils it is done.

Haddock, Fresh.—The nicest way to eat fresh haddock is to have it plain boiled (see No. 1), with a little oiled butter (see BUTTER, OILED), served separate, and a few nice floury potatoes.

Haddock can also be baked. Bone the fish, and put it in a pie-dish with some butter, pepper and salt. Turn the pieces occasionally. Add some chopped parsley and lemon-juice before serving.

Hake.—This is a cheap and excellent fish. It can be boiled plain (see No. 1), and served with oiled butter (see BUTTER, OILED), and potatoes. It can be cut in slices and fried plain (see No. 6), or with egg and bread crumbs (see No. 20), or in batter. (See BATTER, and No. 6.) It can be stewed exactly like stewed eels. (See EELS, STEWED.) It can be boned, stuffed with veal-stuffing (see VEAL-STUFFING), and baked. The bones will make some good stock for sauce. (See FISH SAUCE FROM FISH STOCK.) It is a cheap fish stuffed and baked, and served with this sauce, which is like good brown gravy, and a dish of potatoes, really makes a thoroughly good dinner.

Halibut.—This is a large fish, sold generally in pieces from fourpence to eightpence a pound. It can be cooked in any of the ways recommended for

Hake. (See HAKE.) Cold Halibut will make a good curry.

Ham, Boiled.—Some hams require soaking for days, especially those dried-up American hams. All hams are best soaked for some hours, and the water should be changed once or twice. Place the ham in cold water, with an onion with several cloves stuck in it, a head of celery, a turnip, a carrot, and a tablespoonful of sweet herbs. (See HERBS.) Bring the water to the boil and skim, then let the ham simmer for about—say, twenty-five minutes to every pound; then take off the lid, and *let the ham get quite cold in the liquor in which it was boiled.* By this means all the juice and liquor which would otherwise run out will form a jelly in the ham itself.

When cold take out the ham; take off the skin, trim the edges, and cover the ham with some nice, light, brown bread raspings. (See BREAD RASPIINGS.) For this purpose you must just warm the outside of the ham, in order to get the raspings to stick. A hot shovel held near it is best, as you go along shaking the raspings. Ornament with some nice fresh parsley. Tie a paper frill round the knuckle, and put on as large a dish as possible. The ham can also be glazed. (See GLAZE.)

Ham, Potted. (See POTTED MEATS.)

Hare, Jugged.—Cut the hare into neat little pieces. Fry these slightly, just enough to brown them, in a frying-pan in a little butter. Make a jar hot in the oven. Then throw the pieces of hare into the jar, with a small stick of cinnamon, half a dozen cloves, and a large glass of port wine.

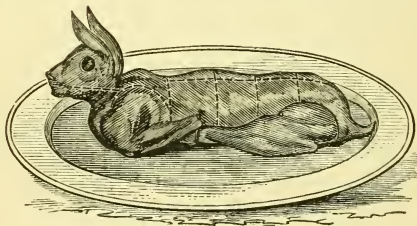
Tie a cloth over the jar tight ; put a plate on the cloth, and something heavy on the plate ; and let the pieces remain in the jar till they are cold. Slice up an onion, and fry it in the frying-pan that fried the hare. When it is brown, pour into the frying-pan some rich brown gravy (see GRAVY) that has had but little brown thickening in it, and let it boil up for a little while. Then strain off the gravy into a basin ; press the onion in the strainer ; let the gravy stand a little while ; take off the fat. Then pour the gravy on to the hare in the now cold jar, stand the jar in a pie-dish with some hot water in it, and let it thus stew in the oven for two or three hours ; or put the jar in a saucepan, and let the water simmer. At the finish the gravy may be thickened with a little corn-flour, but don't let the hare be in the gravy when it boils. Serve a few forcemeat balls of veal forcemeat (see VEAL FORCEMEAT) with the hare. Moisten the veal forcemeat with raw beaten egg. Roll them into balls the size of a marble, dip them in flour, and throw them into boiling water. This will set them. Drain them, and warm them up in the jugged hare the last thing. Serve red currant jelly with jugged hare separate.

Hare, Potted. (See POTTED MEATS.)

Hare, Roast.—The only drawback to roast hare is, that it is apt to be dry. Cut some thin slices of fat bacon, and cover the inside of the hare nearest the back. Fill the hare with veal stuffing (see VEAL STUFFING), and sew it up. Roast (see No. 3), and baste constantly. If the hare is baked, it should be *covered* with thin fat bacon, tied round

it. When done, take off the bacon and brown the outside with a red-hot shovel. Serve rich brown gravy (see GRAVY), and red currant jelly with roast hare. Put a very little gravy in the dish with the hare, but serve the gravy separate in a tureen. The carver is sure to splash the gravy if there is much in the dish. Time to roast, one to one and a half hours, according to size ; the same to bake, if covered with fat.

Hare, Roast, To Carve.—Insert the point of the knife under the shoulder, and cut from that down to the rump, along the sides of the backbone. The



ROAST HARE.

slices should be moderately thick. Another way of carving hare is to remove the shoulders and legs, and cut the back crosswise into four or five pieces. This, however, can only be done when the hare is very young, or when it has been boned. When cooking is set about on a grand scale, the backbone of hares, and especially of old hares, is usually taken out, thus rendering the labour of carving much easier. To separate the leg, put the knife between the leg and the back, and give

it a little turn inwards at the joint, which you must try to hit and not to break by force. The shoulders must be taken off by cutting in a circular line round them. The last are known as the sportsman's pieces; some prefer them, but generally they are thought little of, and are served only when the other portions of the hare are exhausted. The most delicate part is the back; after that come the thighs. When every one is helped, take off the head. The upper and lower jaw should be divided by inserting the knife between them; this will enable you to lay the upper part of the head conveniently on the plate. That being done, cut it in two. The ears and brains are highly prized by connoisseurs. With each slice of hare some of the stuffing should be served, and some of the gravy should accompany it. This is an important point, for roast hare is naturally dryish, and requires the aid of plenty of gravy to be properly relished.

Hare Soup.—Hare soup can be made, and is of course best made, from a fresh hare; but it is more often made from the remains of jugged or roast hare. In this case, cut out the best pieces of meat from the back, put them aside, and put the bones and the rest of the hare to boil in some good stock, No. 1 or 3. (See No. 10.) The quantity must depend upon what is left. Also, put in with it a dessertspoonful of mixed sweet herbs; also, if possible, chop up a small piece of lean ham. When it has boiled some time, strain it off, take out the bones, and scrape the meat off them, and rub all the meat and ham through a

wire sieve into a basin. (See No. 21.) Add the soup to this, and colour with a few drops of "Caramel." (See No. 19.) Don't make the soup thick. Dissolve also a teaspoonful of red currant jelly in the soup, and add a glass of port wine.

If the soup is made from roast hare, the flavourings for jugged hare (see JUGGED HARE) must be added : such as cloves, a little cinnamon, and extra onion. Season with pepper and salt.

Haricot Beans. (See BEANS.)

Haricot Mutton.—Take a couple of pounds of neck of mutton, and cut it into chops, or rather, little cutlets. Put a piece of mutton fat in a frying-pan, and just brown the cutlets without cooking them through. Put them into a saucepan. Next, cut up two carrots, one turnip, and one onion, and fry these in the frying-pan for a few minutes, till the edges begin to colour. Put these in the saucepan with the meat and about a pint of water, or, of course still better, stock, into the frying-pan, and stir it up and thicken slightly with a little white thickening (see No. 12), or a little flour and water (see No. 13). Pour this into the saucepan with the meat and vegetables, and let it stew (see No. 2) very gently for an hour. In serving, take out the cutlets and arrange them neatly in the centre of the dish. Make a border of the vegetables round them, and pour the gravy over the whole. A vegetable-dish is best. Do not add Worcester sauce or ketchup ; season simply with a little pepper and salt. A teaspoonful of finely-chopped parsley may be sprinkled over the vegetables.

Hash.—There are hashes and hashes. Thin slices of meat, sent up in an immense dish, with a thin watery gravy covered with greasy spots, and surrounded with sodden sippets, is a dish as unappetising as it is unnecessary. Good hash is really very nice, and it is quite possible, with a little extra *trouble*, and without extra *expense*, to make out of the fag-end of a cold leg of mutton a dish that even Mrs. Gamp herself would not scorn to eat.

I think the first point to be aimed at is to have the gravy a good *colour*; secondly, of a good consistency. Suppose you have, say, the remains of a cold roast or boiled leg of mutton—and you want to make a really good hash. First, cut off all the meat carefully in nice, neat, small slices, and remove at once all skin and gristle—anything, in fact, that is likely to be rejected or left. This, with the bone chopped up, will make a little stock, No. 3. (See No. 10.) Next, take a large onion, or even two. And I would here state that, if the flavour of onion is objected to, it is better not to make hash at all, but have a dish of mince instead. Slice the onion, and fry it of a nice rich brown colour in a frying-pan, with a little dripping, or some of the spare mutton fat. Boil the stock away (see No. 26) till there is not much more than half a pint. Add this to the onion; rub the whole through a wire sieve (see No. 21) into a basin. You will now have a fairly good-coloured sauce. Add a little Liebig's Extract of Meat, a few drops of "Caramel" (see No. 19), a dessertspoonful of Harvey Sauce, and a little pepper and salt. Now thicken with a little corn-flour—a very little

will be sufficient—till the sauce is as thick as cream. Then take the slices of meat which have been already cooked, and simply make them hot through in this sauce, and put the hash in a vegetable-dish.

The usual plan is to put some bread sippets round hash, but fried bread cut into shapes looks far better. (See No. 7.) Place the fried bread round the edge of the hash, and between each a small pickled walnut, or, if hot things are liked, half a red chili; this, so to speak, brightens up the dish, and to many the chili is a very great improvement.

The sauce should be a nice rich dark brown. Again, if you have bay-leaves, three or four bay-leaves can be warmed up in the gravy, and sent up in the sauce, whole. It raises the tone of the dish.

This, I admit, will take time, but the result will well repay you.

A quicker way is to send up the fried onion in the gravy without rubbing it through a wire sieve. Ketchup will do instead of Harvey Sauce, but it is not so good. Worcester Sauce is too overpowering. A cheaper way is to omit the extract of meat.

To make good hash, however, you must avoid swimming the meat in gravy. There is no excuse, too, for not thickening it. Corn-flour is cheap, and the quantity required will cost almost nothing. Burnt sugar is also cheap; therefore, why not have a little by you, ready for use? (See No. 19.)

If in summer you can get a nice fresh mushroom, this, fried with the onion, is an immense improvement.

Some recommend browning the meat in the

frying-pan. The principal objection to hash is that the meat is over-cooked. If, however, the meat is underdone—not an uncommon thing in a boiled leg of mutton—then, just colour the slices of underdone meat. Get a very little fat in the frying-pan and make it *very* hot, so that the meat turns colour instantly, This will make it more tender, and keep in the juice.

This applies to beef and mutton ; veal is always best minced. Lamb does not hash well, and is far preferable cold with mint sauce, or it can be minced.

In hashing duck, goose, fowl, it is always best to cut the meat off the bones, and stew the bones for stock. Proceed as above, but omit the Harvey Sauce ; also omit the walnuts and chilies. A mushroom improves fowl, turkey, &c., but is best avoided with duck and goose. A little sage-and-onion seasoning can be warmed up with these latter and handed separately.

Hasty Pudding.—Put some milk in a saucepan. Let it *boil*. When it boils, and not before, dredge in some flour, and keep stirring all the while—it is apt to burn—till the whole becomes thick enough. Turn it out, only continue to stir for a minute after you take the saucepan off the fire. Add a little butter, and sweeten with sugar. Any kind of jam can be served with this pudding.

Hearts.—Hearts, whether bullocks', calves', or sheep's, are all cooked the same way. They all require very careful washing and soaking, and sometimes a little vinegar added to the water is an improvement, especially in hot weather. All hearts should be parboiled (indeed, a bullock's

heart should be allowed to simmer for a couple of hours); then take them out, and fill them with veal stuffing. (See **VEAL STUFFING**.) Bake them in the oven (see No. 4) for a couple of hours. They want a good deal of basting, and, if possible, it is best to put some solid pieces of fat on them to melt and run down. Turn the hearts once or twice when this is done. Send some gravy to table with them.

Herbs, Sweet.—It is always best to have a bottle of dried sweet herbs by you. They are called mixed sweet herbs. Mixed herbs generally consist of two parts parsley, one part marjoram, one part savoury, one part lemon thyme. For soups, such as turtle or mock turtle, the best herbs are one-third sweet basil and the other two-thirds equal parts of marjoram, savoury, and lemon-thyme. Parsley can be added separately.

Herrings, Fresh.—These are always best grilled over a clear fire. (See No. 5.) The fish must first be cleaned and the scales scraped off. The best herrings are those which contain a fine soft roe, which is a great delicacy. They can also be cooked in a frying-pan. (See No. 6.)

Herrings, Fresh, Baked and Pickled.—Cut off the heads and remove the back-bone. Bake them in a pie-dish, in vinegar and water, equal parts. Put twelve pepper-corns and three bay-leaves in the pickle. When tender, let them get cold.

Herrings, Dried. (See **BLOATERS**.)

Hock Cup. (See **CUPS**.)

Horse-radish, for Garnish.—Horse-radish makes an excellent garnish for roast beef or rump-steak, as well as having the advantage of being eaten

with it. It should be first thoroughly washed, and then scraped into thin white shavings.

Horse-radish Sauce.—Place half a pint of milk in a tureen, add and dissolve in it a tablespoonful of Swiss milk and a dessertspoonful of made mustard ; add two tablespoonfuls of vinegar, a little pepper, and sufficient grated horse-radish to make the whole rather thicker than double-cream. This latter operation, which will take about two sticks of horse-radish, is a troublesome process, and will make your eyes water. The sauce, which is suitable for hot and cold beef of every description, will, however, amply repay you the trouble.

Ices.—Ices are generally regarded as expensive luxuries, and are an admirable instance of how completely custom rules the majority of our housekeepers. There are many houses where the dinner may consist of soup, fish, entrées, joint, game, and wine ; and yet were we to suggest a course of ice, the worthy housekeeper would hesitate on the ground of extravagance, showing how much we are the slaves of habit. It is, as a rule, hopeless to argue with persons whose definition of economy is—what they have always been accustomed to since they were children ; their definition of extravagance—anything new, or, as they will probably express it, any new-fangled notion.

The fact remains, however, that there is many a worthy Signor who sells ices in the streets at 1d. each, and manages to make a living out of the profit, not only for himself, but for his Signora as well. Under these circumstances, the manufacture of these extravagances is worthy of enquiry.

Ices can be made at home very cheaply with an ice-machine, which can now be obtained at a—comparatively speaking—small cost. With a machine there is absolutely no trouble, and directions will be given with each machine, so that any details here, which vary with the machine, will be useless.

Ices can be made at home without a machine with a little trouble, and to explain how to do this it is necessary to explain the theory of ice-making, which is exceedingly simple. I will not allude to machines dependent on freezing-powders, but to those which rely for their cold simply on ice and salt mixed.

We will suppose we want a lemon-water ice, *i.e.*, we have made some very strong and sweet lemonade, and we want to freeze it.

It is well known that water will freeze at a certain temperature—call it freezing-point. By mixing chopped ice and salt, and a very little water together, a far greater degree of cold can be immediately produced—viz., a thermometer would stand at 32 degrees below freezing-point were it plunged into this mixture.

An ice-machine is a metal pail placed in another pail much larger than itself. The “sweet lemonade” is placed in the middle pail, and chopped ice and salt placed outside it. The proportion of ice to salt should be double the weight of the former to the latter.

It is now obvious that if we have filled the two pails—the one with the “sweet lemonade,” and the other with the ice and salt, that very soon our lemonade will be a solid block of ice. To prevent

this it must be constantly stirred, and as the lemonade will of course freeze first against the sides of the pail, these sides must be constantly scraped. Inside the inner pail consequently there is a stirrer, which, by means of a handle, continually scrapes the sides of the pail.

It is obvious that if the stirrer is fixed, and the pail itself made to revolve, that that is the same thing as if the pail were fixed and the stirrer made to revolve.

To make lemon-water ice, therefore, place the lemonade in the inner pail, surround it with chopped ice and salt, two parts of the former to one of the latter, turn the handle, and in a few minutes the ice is made.

Now, suppose you have not got a machine, proceed as follows:—Take an empty clean round coffee-tin, the larger the better. I mention coffee-tin as the most probable one to be in the house, but any round tin will do. Get a clean piece of wood the same width as the inside diameter of the tin, only it must be a great deal longer. We will suppose the tin rather more than a foot deep, and five inches in diameter. Our piece of wood, which should be clean and smooth, must be nearly five inches wide, say, a quarter of an inch thick, and about two feet long.

Next get a small tub, say, nine inches deep; place the round tin in the middle, with the sweet lemonade inside. Next place the piece of wood upright in the tin, so that the wood touches the bottom. Next surround the tin with chopped ice and salt up to the edge of the tub, fill it as high as you can, and then cover it round with a blanket,

i.e., cover the ice and salt. Now get some one to hold the wooden board steady. Take the tin in your two hands and turn round and round, first one way and then another. In a very short time you will find the tin to contain—Lemon-water ice.

The following hints, rather than receipts, for making ices, *i.e.*, for making the liquid, which must be frozen as directed above, are given not because they are the best receipts, but because cream, which is the basis of all first-class ices, is often too expensive to be used constantly.

Of course real cream is far superior to any substitute, but I am writing for those who cannot afford it.

Ice Cream.—Make a custard (see CUSTARD) with half a pint of milk, the yolks of two eggs, and a tablespoonful of Swiss milk, and some sugar. As soon as it gets a little thick, stir it till nearly cold. Then add some essence of vanilla or almonds, or a wineglassful of noyau, or any flavouring wished, and freeze.

Ices from Fresh Fruit.—Take half a pound of fresh strawberries or raspberries, add half that weight of sugar; pound thoroughly, rub through a sieve, and mix with this thick juice rubbed through, half a pint of the mixture made for ice cream (see ICE CREAM), only, of course, without any flavouring such as vanilla, &c. Mix thoroughly and freeze.

N.B.—A few red currants should be mixed with the raspberries. Should the colour be poor, brighten it up before freezing with a little cochineal.

Ices from Jam.—Mix a quarter of a pound of any jam with half a pint of the mixture made for ice cream (see ICE CREAM), without any flavouring

such as vanilla. Rub all through a fine sieve, and freeze. Cochineal will give additional colour to red jams, spinach green essence to green jams, and a very little turmeric to yellow jams. A small pinch of the latter can be boiled in the milk.

Ice, Lemon Water.—Rub six lumps of sugar on the rind of six lemons. Add this and the juice of the six lemons to a pint of fairly sweet syrup. The amount of sugar is a matter of taste. Strain and freeze.

Ice, Orange Water.—Act exactly as in lemon-water, using oranges instead of lemons, and syrup containing less sugar.

N.B.—A good strong syrup can be made by boiling a pound of sugar in a pint of water.

Ice, Water, Fruit.—All sorts of water fruit ices can be made by mixing half a pint of juice, such as currant juice, with twice that quantity of syrup, and freezing. Grated ripe pineapple, pounded and bruised ripe cherries and greengages, strawberry juice, raspberry juice, can be mixed with syrup and frozen. Sometimes a little lemon-juice can be added with advantage, and in the case of Cherry Ice and Greengage Ice, a little Noyeau added is an improvement.

Indian Sandwiches.—Pound two ounces of cold chicken with one ounce of cold bacon, ham, or tongue. Moisten them in a small stewpan with a little stock ; add a dessertspoonful of curry powder, and another of curry paste, and, if liked very hot, add a little cayenne pepper. Let it simmer for ten minutes.

Mix into a smooth paste, and make into sandwiches by spreading a thin layer of fried

bread (see No. 7), and covering with another thin layer. These sandwiches are sometimes called Aberdeen Sandwiches, and sometimes Adelaide Sandwiches. A ball of Parmesan cheese and butter is placed on the top of each in the latter case.

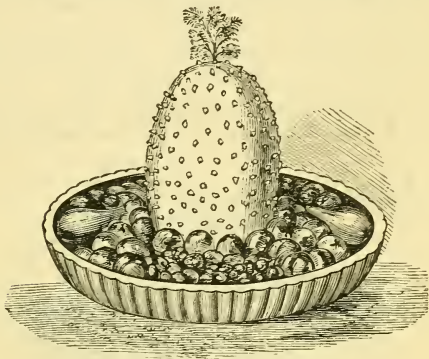
Irish Stew.—This is a cheap, nice, and economical dish, and can be made from any kind of meat, the best for the purpose being what is known as the best end of the neck of mutton. Take two pounds of potatoes, peel them and slice them. Lay a layer of potatoes at the bottom of a saucepan or stew-pan. Have ready one pound of onions, also sliced; lay a layer of onions on the potatoes—taking, say, half the potatoes and half the onions. Next, take the meat, from which should be removed nearly all the fat, as a very little fat indeed will swell in stewing. Pepper and salt the meat thoroughly, and lay it on the onion. Cover over the meat with the rest of the onion, and lay the remainder of the potatoes on the top. Cover the saucepan or stewpan, and place a weight on the lid. Add a very little water (half a pint.) Take care to moisten the top. Let the whole stew for two or three hours. Be very careful not to let it even nearly boil. Don't take the lid off to look at it: it will do no good.

If you make Irish stew with potatoes previously boiled (which is more wholesome for persons with delicate stomachs), you must increase the quantity of water.

By some it is thought that the water from any roots, such as potatoes, onions, &c., is unwholesome.

Irish Rock.—A sweet for dessert, composed of

almonds, sugar, and butter pounded together, and moulded into an egg-like shape. It has a very pretty appearance, when arranged to contrast with green sweetmeats and bright-coloured preserved fruits. Wash the salt from half a pound of butter,



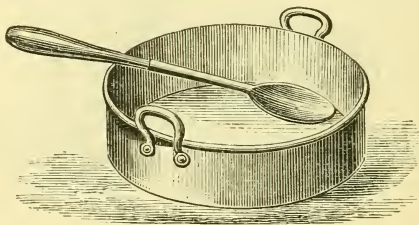
IRISH ROCK.

and beat into the butter a quarter of a pound of finely-powdered sugar ; blanch a pound of sweet almonds and an ounce of bitter. Pound these in a mortar, reserving enough of the sweet almonds to spike for ornamenting the dish when sent to table ; add the butter and sugar, with about a quarter of a glass of brandy, and pound until smooth and white, when, after having become firm, it may be shaped with a couple of spoons. It should be placed high on a glass dish with a decoration of green sweetmeats, the spiked almonds, and a sprig of myrtle. Garnish with any green fruits or sweetmeats.

Italian Fritters. (See FRITTERS.)

Jam.—In making jams or preserves, care must be taken, first of all, that the fruit is gathered on a dry day, and when the morning sun is on the garden. If gathered in damp or foggy weather the jam will certainly become mouldy, and will not be worth the trouble and expense of boiling. The fruit should be free from dust, and any that is unsound should be cast aside. It should be boiled as soon as possible after it is gathered.

* The best quality of sugar, either white or brown, will be found the cheapest in the end. White



PRESERVING-PAN.

sugar should be shining and close in appearance; brown sugar, bright and gravelly. The inferior sugars throw up so much scum in boiling that they waste as much as they save. The quantity of sugar required depends upon the nature of the fruit. As there is no economy in using inferior sugar, there is also no economy in using too little sugar. The only result of endeavouring to save in this way is that the jam has to be boiled so much the longer, and thus the quantity is reduced; to say nothing of the expenditure of fuel. If, on the contrary, too much sugar is used, the flavour of

the fruit will be lost. In making common jams, the fruit should be well boiled before the sugar is added, and care should be taken that it is not so much thickened that the sugar will not easily dissolve. Sugar should never be reduced to powder before it is added to the fruit, or it will give the jam a turbid appearance. The scum should be carefully removed as it rises.

Wooden spoons should be used for stirring jam. Iron, tin, or pewter ones will spoil the colour.

An enamelled saucepan is the best for making jam. If a brass preserving-pan is used, it should be scrupulously clean, bright, and *dry*. The pan should be raised a few inches above the fire. If placed flat on it, the fruit will be in danger of burning. The flavour and colour will be best preserved if the fruit is boiled rapidly. It should be watched constantly and stirred frequently during the process of boiling.

Home-made jam, when properly prepared and well preserved, is incomparably superior to that which is offered for sale.

In making jam from stone fruits, the stones can be removed previous to boiling, or afterwards. Only sufficient water should be added to simply prevent burning. Care should be taken to get rid of the moisture, as all jams made from stone fruits are apt to ferment. When lemon-rind is added it must be grated very fine. In stone fruit jams some of the stones should be cracked, and the kernels halved and added.

In all jams a little brandy may be added with advantage. Jam when finished should be placed in jars, covered over with a thin piece of paper

soaked in brandy, and another piece of stout paper tied over the jar as tightly as possible.

The following is a list of the quantity of sugar and other ingredients required for making the jams named. One pound of fruit is supposed in each case :—

Apricot Jam.—Three quarters of a pound of sugar.

Blackberry Jam.—Half a pound of sugar. If apple is mixed, a little more.

Carrot Jam.—Boil till tender; rub through wire sieve. (See No. 21). The rind and juice of one lemon, a small glass of brandy, one pound of sugar. To make the jam look very nice, only use the red part of the carrot.

Black Currant Jam.—One pound of sugar.

Red Currant Jam.—One pound of sugar.

Damson Jam.—One pound of sugar.

Gooseberry Jam.—Three quarters of a pound of sugar.

Greengage Jam.—Three quarters of a pound of sugar.

Plum Jam.—One pound of sugar.

Raspberry Jam.—One pound of sugar.

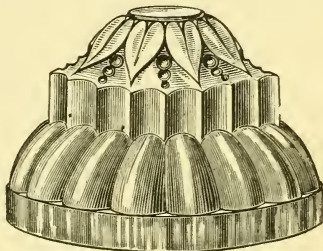
Rhubarb Jam.—Three quarters of a pound of sugar, half the rind of one lemon, half an ounce of bitter almonds, or, if no almonds, juice of one lemon.

Strawberry Jam.—Three quarters of a pound of sugar.

Vegetable Marrow Jam.—Three quarters of a pound of sugar, rind and juice of one lemon, one teaspoonful of powdered ginger. Peel the vegetable marrow, take out the pips, cut it up into pieces, and simmer till tender. The ginger can be omitted and more lemon-juice added.

Jam Tart, Open. (See CHEESECAKES.)

Jelly, Lemon.—Take six lemons, rub half a pound of sugar on the peel of three of them, and squeeze the juice of all six into a basin. Soak two ounces of gelatine in a pint of water, after first washing the gelatine. Add it to the sugar and



JELLY MOULD.

lemon-juice, and dissolve it in a small enamelled saucepan over the fire, and strain through a jelly-bag. If it is not bright, clear it with the whipped white of an egg, exactly as stock is cleared (see No. 18) and strain it through a jelly-bag (see JELLY-BAG). Add, when nearly cool, half a pint of sherry. Pour it into a mould that has been held over some steam so as to get moist inside. When it is set, dip the mould into rather warm water for a second, place a glass dish over the mould, turn it quickly upside-down, and turn it out.

In turning out the jelly, the dish and mould should be held together in two hands, then make a quick but not too violent movement downwards, as if you were going to throw the dish on the ground, and suddenly stop: this will generally bring the

jelly out. If it cannot be got out otherwise, dip the mould for a second or two into warm water. But this must be done very carefully, or the sharpness of the mould will be spoiled.

This is very good simple lemon jelly; you can make cheaper jelly by putting much less wine and only two lemons. Two ounces of gelatine will always set a quart. A great improvement, but by no means essential, is to boil a stick of cinnamon and a pinch of coriander seeds in the jelly.

A very important point for consideration is the consistency of the jelly. Two ounces of gelatine is *generally* too much, especially in winter, but gelatine so varies in quality that it is scarcely safe to recommend less. Remember that jelly is best when it will only just hold together, and fit for nothing when you almost have to cut it with a knife and bite it. If it is winter, or if you have any ice, you can test the jelly by putting, say, a saucer in the snow or ice. Wipe it dry, and put a teaspoonful of the jelly into the cold saucer; it will set almost immediately, and you will be able to judge whether it is too stiff or not.

Another point is colour. Rubbing the sugar on the peel will give a pale yellow colour, and many persons think it best so. I think, however, four or five drops of cochineal gives it tone; you do not want to make it pink.

The above receipt gives the basis of all jellies. You can add various kinds of liqueurs in less quantity instead of the wine, and vary the name of the jelly accordingly.

Jelly, Orange.—Act exactly as above, only using

six oranges and two lemons, rubbing the sugar on three oranges.

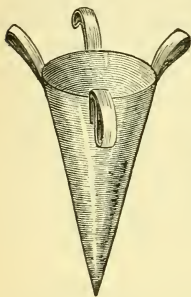
Jelly, Port-wine, For Invalids.—Two ounces of gelatine, half a pint of water, two ounces of sugar. Dissolve the gelatine by boiling, strain it, and add rather more than a pint of port wine. Test the jelly as to stiffness, and add port till the jelly will only just set. As this need not be poured into a mould, you can afford to have it almost melting away, which renders it so much more appetising. When you dissolve two ounces in only half a pint you cannot help losing some in straining: consequently, you will not be able to set much more than a pint of wine.

Jellies, Fruit.—Take any fresh, ripe fruit, such as red currants, black currants, gooseberries, grapes. Place the fruit in a jar, and place the jar in a saucepan of boiling water and boil this away till the fruit yields up its juice. Strain the juice through a jelly-bag, but do not squeeze the fruit. Dissolve a pound of lump sugar in every pint of juice, and boil till it sets. Test this by putting a teaspoonful into a cold saucer. The jelly, of course, derives its name from the fruit used.

Apples may be treated in an exactly similar manner. Do not squeeze the apples. The apples must be simmered in a little water, and the juice of two lemons added to each pint of juice as well as the pound of sugar.

Jelly-bags.—Jelly-bags are much the strongest and best when made at home. The strong flannel used for ironing-blankets is the best for this purpose, and it should be made of a half-square, and

sewn at the side with a double seam, so as to be wide at the top, and pointed at the bottom. The top may be hemmed, and three tape loops sewn to it, by which the bag may be suspended when in use. A jelly-bag should always be wrung dry out of hot water before the liquid is poured into it.



JELLY-BAG.

Jelly, Bottled, To Mould.—When jelly is wanted quickly, it may be bought in bottles, ready made, and beautifully transparent. In order to mould it, uncork the bottle, and put it into boiling water. Let it remain until the jelly can be poured out of

the bottles. Flavour it according to taste, but do not add very much liquid, or it may interfere with the firmness of the jelly. Pour it into damp moulds, and put it in a cool place, to become stiff again. Time, a few minutes to dissolve; some hours to become firm again. Probable cost, from 1s. to 1s. 6d. per pint. Bottled jelly can be flavoured by adding essence of vanilla, various liqueurs. It is much improved by boiling a little with some coriander seeds (a teaspoonful) for a short time. One bottle will make two jellies. Suppose, for instance, it is lemon jelly; pour half into a basin with the juice of an orange and some sugar rubbed on the rind. Add cochineal and make it pink. As bought jelly is generally fairly firm, it will bear the addition of this amount of liquid. If you have no time to put it in a mould, break it up and put it into

glasses. Bottled jellies bought are something like bought potted meats: very much alike in flavour. The orange jelly is as much like the lemon jelly as the potted ham is like the beef.

Jerusalem Artichokes. (See ARTICHOKES.)

John Dory.—This fish is very nice boiled and served with oiled butter (see BUTTER, OILED). When small it is exceedingly good, wrapped up in oiled paper with butter, pepper and salt, and a dash of French white wine, and baked in the oven. This latter is a great delicacy.

Julienne Soup.—Cut a carrot, a turnip, part of a head of celery, the white part of a leek, and one onion, into thin strips, and stew them in a little butter till they become slightly brown; add also a little powdered sugar—a teaspoonful; then strain off the butter, and throw the vegetables into some good No. 1 Stock. Add a little of the white part of a lettuce, cut fine shortly before you serve up the soup, and, if possible, a few fresh tarragon leaves.

Be careful to skim off the butter from the stock which will rise from the vegetables. Of course all of these vegetables are not absolutely essential, but where there is a garden, this will be found an admirable mixture.

Kidneys.—Sheep's kidneys are by far the best; next come veal and pig's, while bullock's kidney is as a rule hard and strong, but admirably adapted for making gravy.

Kidneys, Grilled and Devilled.—Pepper and salt the kidney; if bullock's it must be cut up into pieces not larger than half a sheep's. If a sheep's, pig's, or calf's kidney, cut it open, leaving the

two halves joined by the cord in the middle ; some people, however, prefer them grilled whole. Grill (see No. 5), and moisten the kidney while grilling with a little dripping or butter. When cooked, they should be red and juicy in the middle.

A little piece of butter mixed with some chopped parsley should be placed on each when cooked.

To devil kidneys, use cayenne in addition to pepper and salt before cooking. Some devil sauce (see DEVIL SAUCE) may be added.

Kidneys, Fried.—Kidneys of all kinds can be cooked in a frying-pan, in a little butter. Be careful not to overdo them ; they should be red when cut. A little water, flour, pepper and salt added to the fat in the frying-pan will make a good gravy.

Kidneys, Stewed.—Cut the sheep's, pig's, or calf's kidneys into halves, separating the halves, and the bullock's kidneys into pieces about the size of half a sheep's kidney. Brown the outside quickly, in a frying-pan with a very little fat or butter, but do not cook them ; then place them in some rich brown gravy to stew (see No. 2) very gently. Fry a few small button onions in the frying-pan, after you have browned the outside of the kidneys, till the onions are nice and brown outside, and add these to the stewed kidneys. Season with pepper and salt. Stewed kidneys, to be nice, should be stewed for some time in gravy not much hotter than can be called "fairly warm." Make hot very slowly, and when sufficiently hot, serve. If the gravy once boils, the kidneys will be quite hard. A tablespoonful of sherry may be added to a pint of gravy.

Kidney Soup.—A good soup can be made from tinned kidneys by adding the gravy to some good gravy or Stock No. 3 (see No. 10), boiling the kidneys in it, and then rubbing all the kidneys through a wire sieve. The kidneys themselves, unless treated this way, are hard and indigestible. Flavour with pepper and salt, and some fried onion rubbed through the sieve with the kidney ; one large onion to a tin. Add a little sherry. The best wine for kidneys is undoubtedly champagne. If by chance a little has been left in a bottle, dead, this is an admirable means of utilising it.

Lamb, Breast of.—Very often the breast of lamb is the cheapest part. It can be cooked in various ways :—

1. Remove the bones carefully, and use them to help to make a little stock for the gravy. Make a little veal stuffing, using the lamb-fat instead of suet. Spread the stuffing over the breast, and roll it up, tying the ends securely like a beef olive (see BEEF OLIVE), and securing the middle. Bake in the oven, allowing about twenty minutes to the pound for small joints. Remember, lamb requires more cooking than mutton. Baste as often as possible, and serve with some gravy made from the bones.

Peas, spinach, greens, vegetable marrow and French beans are all suitable vegetables to be eaten with lamb.

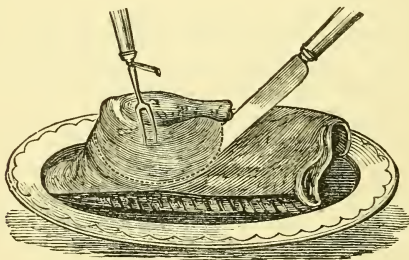
2. Cut up the breast and stew the pieces very gently for about an hour. A little stock, not too strong, can be used for stewing, or water. Take

out the lamb, and boil away the stock till it is reduced to less than a pint. Thicken with a little white thickening (see No. 12) or butter and flour, and add a little chopped parsley, or, if liked, a little chopped mint. Warm up the lamb in this sauce without letting it boil, when the meat is in. Vegetables suitable, as above.

Lamb Chops.—Lamb chops should be grilled over rather a fierce fire. (See No. 5.) They require more time in proportion to size than mutton. They should be highly coloured outside, and not look red inside, like mutton chops.

Lamb Cutlets. (See CUTLETS.)

Lamb, Fore-Quarter of, To Roast.—This joint can scarcely be too fresh when dressed. Remove



FORE QUARTER OF LAMB.

the scrag, the shankbone, and the chinebone; and crack the ribs half-way between the edge of the breast and the spine. Lay the meat down to a quick fire, and baste plentifully from the time of

its being warmed through to that when it is ready for the table. Like all young meat, lamb should be very thoroughly cooked. In carving, separate the shoulder from the ribs. This separation is sometimes effected before the joint is sent to table, but, of course, this must depend upon the wish of the carver. Serve the lamb with a cut paper ruffle on the shankbone, and send a little gravy made from the roast under it. Mint sauce and salad generally accompany this dish. Time: a fore-quarter of lamb, weighing ten pounds, will require from two hours to two hours and a half. The weather and the strength of the fire often cause a difference. Probable cost, 11d. per pound. Sufficient for eight or nine persons.

Lamb, Leg of, Boiled.—Boil the leg of lamb in the usual way. (See No. 1.) Recollect, lamb requires rather longer time per pound than mutton. Serve mint sauce with boiled lamb, or parsley and butter sauce.

Lamb, Leg of, Roast.—Roast in the usual way (see No. 3) before *brisk* fire or in a *quick* oven. Make it nicely brown. Use a little weak stock to put in the dripping-pan for the gravy. Serve mint sauce with it. Remember, lamb requires more cooking than mutton. Baste as often as possible.

Lamb, Neck of, Boiled.—Boil in the usual way. (See No. 1.) Serve parsley and butter or mint sauce with it. Young turnips and carrots, boiled separately, should be placed round it alternately.

Lamb, Shoulder of, Roast.—The shoulder is always best roasted and the neck boiled. Roast or

bake in the ordinary way. (See No. 3 ; or No. 4.) The fire must be fierce.

Lamb's Fry.—Parboil the sweetbreads. Throw them into cold water, when cold trim them. They can then be egg-and-bread-crumbed (see No. 20), but this is by no means necessary. Flour all the pieces, and fry in the frying-pan in a little dripping, or the fat of some fried bacon, to be served with the lamb's fry, which is an improvement. When nicely browned, pour a little water into the dripping-pan, and thicken it with a little flour. (See No. 13.) Throw in a little chopped parsley, and season rather highly with pepper and salt. Time to fry, about ten minutes.

Lamb's Head.—The head is best parboiled, and then baked. After boiling for an hour cut open the head, and take out the brains and tongue. The head can be sprinkled over with bread crumbs, and is best first brushed over with a well beaten-up egg. Serve the tongue and brains separately, mixing the latter with some chopped parsley, and a small pinch of mixed herbs, and a little lemon-juice, pepper and salt. See that the tongue is sufficiently boiled. Place the tongue in the middle, and put the brains round it.

Lamprey.—The lamprey is like a very tough eel. It can be cooked like eel (see EELS), only it requires more cooking. Those who have eaten lampreys will quite understand Henry the First's fatal attack of indigestion.

Lark Pie.—Larks form a very nice addition to a meat pie. If possible make a little liver force-

meat (see LIVER FORCEMEAT), and fill the larks with it. Add also a little grated nutmeg to the gravy of pie. Make the meat-pie in the ordinary way. (See PIE, MEAT.)

Larks, Roast.—Place the larks in a tin in the oven, and baste them with butter. When they have been cooking about ten minutes, place a piece of hot toast on a hot dish, place the larks on it, and pour the butter, and whatever gravy has run out, over them. Serve a little brown gravy separately. (See GRAVY.) A little port-wine dregs can be added to the gravy for roast larks.

Lemon Cheesecakes. (See CHEESECAKES.)

Lemon Jelly. (See JELLY.)

Lemon Pudding, Plain.—Chop up the peel of one lemon very finely (see No. 16); add this and the juice to an ordinary suet pudding mixture made from a quarter of a pound of suet, using bread crumbs or not. (See SUET PUDDING.) Mix all well together, and boil in a cloth (see No. 24) or basin. Serve sweet sauce with it. (See SWEET SAUCE.)

Lemon Sponge.—Put an ounce of isinglass or gelatine into a pint of water, add the rind and juice of two lemons, and half a pound of loaf sugar, and simmer gently for half an hour. Strain into a bowl, and when the mixture is cold and beginning to set, which may be known by its becoming thick, stir in the whites of two eggs beaten to a firm froth, and whisk it briskly until it is of the consistency of sponge. Pour it into a damp mould, and turn it out before serving. A few drops of cochineal may be put in with the eggs, if liked, to

give a pink appearance. Time, half an hour to whisk the sponge. Probable cost, 1s. 8d. Sufficient for a pint and a half mould.

Lemon Water Ice. (See ICE, LEMON WATER.)

Lemonade.—Pour a pint of boiling water over the juice of four lemons; sugar can be added to taste, and the mixture strained and allowed to get cold. If the flavour of the peel is liked, some of the sugar can be rubbed on the peel. A much larger quantity can be made more economically by adding a little essence of lemon and more water. Lemonade is far best iced.

Lentils, Boiled.—Soak the lentils overnight in some cold water. Throw away pieces that float. Put them into a little boiling water, or, still better, greasy stock. When tender strain them, and serve them with a little butter mixed in, and pepper and salt.

Lentil Soup.—Treat the lentils exactly as peas, and make the soup like pea-soup. (See PEA-SOUP.)

Lettuce for Salad. (See SALAD.)

Liebig's Extract of Meat.—This is the most important invention, so far as cooking is concerned, of modern times. By its help an enormous saving is made by enabling us to do without gravy beef. It should be remembered that by itself it is of not much use, but in addition with other forms of nourishment it is invaluable. Avoid the numerous but absolutely worthless imitations.

Ling.—Ling is a cheap fish, common on the eastern coast of England. It can be cooked

exactly like hake. (See HAKE.) Its liver should be boiled separate like cod. When the fish is baked or fried the liver should be boiled, and mixed up in butter sauce, with a little anchovy sauce (grocers') to serve with the fish. Price, often not more than 4d. a pound.

Liver Force meat.—Take half a pound of calf's liver, cut it into small pieces, and fry it with an equal quantity of fat ham or bacon; also cut up two beads of garlic (see GARLIC), or a slice of onion. Season as follows:—Take a bottle of mixed sweet herbs, and turn some out into a fine sieve; shake the sieve over a sheet of paper till nearly half a saltspoonful of dust has fallen through; add to this some grated nutmeg, and if possible a little powdered bayleaf. When you have a saltspoonful in all, add this to the liver and bacon in the frying-pan, with about half a saltspoonful of cayenne pepper. When the liver is cooked, rub it all through a wire sieve into a basin. Press the forcemeat together to make it smooth. This is very valuable for all sorts of game pies, such as lark pie, or Norwegian grouse pie. A dessertspoonful of this cheap forcemeat makes a very nice fritter. (See FRITTERS.) If you can get any livers of poultry or game—sometimes poulterers have some to spare—add them to the calf's liver. This increases the excellence of the forcemeat. Mushrooms can also be added, and fried with the liver.

Liver and Bacon.—Cut the liver, whether calf's (the best) or bullock's, or pig's, or sheep's, into strips about half an inch thick. Fry them in a pan with some slices of bacon about equal weights.

Commence to fry the bacon only a minute or so before you fry the liver. When it is cooked, make a little gravy in the frying-pan, by adding some water, thickening it with flour, and adding pepper and salt. Some persons rub the frying-pan with a bead of garlic, or slice of onion.

Lobster Butter.—Whenever you get a lobster with any coral in it, pound the coral with enough butter to make a thick paste, add a pinch of cayenne pepper, and put it by in a little jar for use. This is called lobster butter, and is invaluable for lobster sauce and patties, shrimp sauce and patties, &c.

Lobster Cutlets.—Remove all the meat from a lobster, and cut it up in little pieces, with a piece of onion the size of the top of the thumb down to the bottom of the nail, a teaspoonful of chopped parsley, a teaspoonful of anchovy sauce, a pinch of cayenne, and a piece of lemon-peel the size and thickness of the thumb-nail; pound all in a mortar till it is smooth, and then mix in sufficient lobster butter (see LOBSTER BUTTER) to make the whole a bright red, then add sufficient butter till the mixture can be easily moulded; then form the mixture in a quantity of little pieces the size, shape, and thickness of a picnic biscuit. Egg-and-bread-crumbs these after flouring them (see No. 20), and fry in very hot fat (see No. 6), till they are brown. Stick a little piece of the tip-end of the smaller claws into each to represent the bone of the cutlet. Serve with fried parsley. These cutlets are none the worse for being kept hot a little while in the oven. A moderate-sized lobster will

make twenty little cutlets. Some of the meat may be used for lobster sauce, and yet have enough for a dish of cutlets. Without plenty of butter the cutlets will taste dry.

Lobster Patties. (See PATTIES.)

Lobster, Potted. (See POTTED MEATS.)

Lobster Salad Mayonnaise.—Get two or three nice French lettuces, see that they are thoroughly clean, and if possible avoid washing them. Separate the leaves, and see that they are dry, but do not cut them. Pile them up as firmly as possible on a dish, making a mound of them. Cut up the meat of a lobster into small pieces, and place these over the top as smoothly as possible. Next: make some mayonnaise sauce as thick as butter in summer-time. (See MAYONNAISE SAUCE.) Cover the whole over with this. Ornament the edge with the small red claws bent, and hard-boiled eggs cut into quarters. Stick a few French capers, dried from their vinegar, into the sauce. Take a *little* finely-chopped parsley on the end of a knife, and holding the knife high up, let it fall in a shower over the white mound. Next, if possible, get a little lobster coral in small pieces the size of a pin's head, and let them fall. These green and red specks on the white make it look very pretty. Fillet six anchovies, and lay them cross-ways near the base of the mound, as well as a dozen olives, the stones of which should be removed. If the salad is large, a few small red crayfish—one at the top, and a few round the base—form an excellent additional garnish. Cucumber peeled and sliced thin can be placed round the edge of the dish as a border.

Lobster Salad, Plain.—Cut up all the meat of

the lobster, mix it with some salad, and dress as an ordinary salad. (See SALAD.)

Lobster Sauce.—Make half a pint of butter sauce, using the water in which the shell of a lobster has been boiled after being broken up. Mix into the butter sauce a teaspoonful of lobster butter—this will make it a bright red; add a saltspoonful of anchovy sauce, a pinch of cayenne pepper, and a tablespoonful of the meat of a lobster. Add a very little lemon juice—about a saltspoonful—the very last thing of all. The remainder of the meat of a lobster should be utilised for making lobster salad or cutlets. (See LOBSTER CUTLETS.)

Macaroni Cheese.—Put a quarter of a pound of pipe macaroni into a saucepan with a little salt, and sufficient boiling milk and water to cover it. Let it boil until it is quite tender but firm, then put a layer of it into a well-buttered dish, and over that sprinkle some bread crumbs and a mixture of Parmesan and Cheshire cheese. Place three or four lumps of butter on it, and repeat until the dish is full, being careful to have bread crumbs at the top. Pour a little butter warmed, but not oiled, over the crumbs, and brown the preparation before a clear fire, or with a salamander, but do not put it in the oven for too long, or it will taste of oil. Serve with salt and mustard. Time, about thirty minutes. Riband macaroni may be used if preferred, and it will not require so much boiling. Parmesan cheese is far best, but grated cheese of any description will do. The remains of cheese that has got dry can be grated for the purpose.

Macaroni (Italian Fashion).—Boil a teacupful of macaroni until tender, strain it off, and put it in a stewpan with a little butter, pepper and salt. Add a tablespoonful of tomato pulp. This is now sold in bottles at all grocers. Serve hot and hand grated cheese separately. Parmesan is best, but any grated cheese will do. The stewpan can be rubbed with a bead of garlic. (See GARLIC.)

Macaroni Soup.—Boil some macaroni till it is tender—about twenty minutes. Drain it off, and serve it cut up into 2-inch pieces in some clear Stock No. 1 or No. 3. (See No. 10.)

Macedoines in Tins.—Macedoines are mixed vegetables sold in tins. They usually consist of carrot, turnip, peas, beans, &c., and are exceedingly useful to put in clear Stock No. 1 or No. 2 (see No. 10) to make soup, or they can be used as a garnish to cutlets, &c. Being cooked, they only require warming-up. They can also be drained off and dressed as a salad. (See SALAD.)

Mackerel.—Mackerel can be boiled (see No. 1), and served with parsley and butter sauce. (See PARSLEY.) A little vinegar is a great improvement with this sauce; this can be added on the plate. Mackerel can be cut open and grilled (see No. 5), and served with a little butter and chopped parsley placed in it, as well as a little lemon-juice squeezed over it. Or it can be baked in a pie-dish with equal quantities of vinegar and water, and a few peppercorns, and eaten cold.

Maigre Soup. (See SOUP MAIGRE.)

Maitre d'Hotel Sauce.—Take a small quantity

of Béchamel sauce (See BÉCHAMEL); say, half a pint. Make this hot in a small saucepan, then dissolve in an ounce of butter; add a brimming teaspoonful of chopped parsley and the juice of half a lemon. Flavour with pepper and salt.

A cheaper way, but not so good, is to add a brimming teaspoonful of chopped parsley and the juice of half a lemon, and a little pepper and salt, to half a pint of good butter sauce. (See BUTTER SAUCE.)

N.B.—Anything, such as potatoes, sole, salmon cutlets, &c., served “*à la Maitre d’Hotel*,” simply means that they are served up in this sauce.

Marrow Bones.—Have the bottom of the bones cut so that they will stand upright. Cover the ends where the marrow is with a flour-and-water paste. Boil them in a saucepan, but do not let the water come higher than half-way up the bone. Time to boil, rather more than an hour. Serve a hot dry toast with them. The marrow should be scooped out, quickly spread lightly over the toast, and then freely sprinkled with pepper and salt.

Mayonnaise Sauce.—This is a most delicious sauce, very easy to make, if care is taken to observe every minute detail given in the directions for making it. Mayonnaise sauce is simply yolk of egg and oil beaten to a butter. This butter is only formed under the following circumstances. First, the oil must not be warm, and yet it must be bright and not at all frozen. If in summer, therefore, it will be well to stand the bottle of oil in some cold spring water, or some water with a piece of ice in it, for about half an hour. If in winter, and the oil is cloudy, place the bottle in

lukewarm water till the oil becomes perfectly bright, but be careful not to let it get too warm. Next, take a basin, and break an egg, carefully separating the yolk from the white. (See No. 15.) Get rid of all the white, and place the yolk in the basin, break it, and remove the thread that very likely will cling to it. Next, beat up the yolk with a fork, and drop some oil on it drop by drop, very slowly at first. Gradually it will become thicker and thicker, as more oil is added. When it gets fairly thick you can add the oil a teaspoonful, or even more, at a time, but you must keep beating.

Recollect, to get mayonnaise sauce really thick like butter, you must add plenty of oil and beat it up patiently. When it is as thick as ordinary fresh butter on a summer's day it is finished. Mayonnaise sauce is flavoured with pepper and salt and vinegar. The pepper should be white, and so also the vinegar. As mayonnaise sauce is generally required to mask over surfaces, it is desirable to have it as thick as possible. Instead, therefore of adding ordinary vinegar to give it a slight acidity, get some concentrated vinegar at the chemists in the form of dilute acetic acid. Half a teaspoonful of this is equal to a tablespoonful of vinegar, yet you have the slight acid flavour without making the sauce thin. The common cause of failure in making mayonnaise sauce is—first, that English cooks think it should be liquid instead of a solid. Secondly: they put the salt and pepper in at starting, or else add vinegar and oil alternately. The mayonnaise sauce made this way is more of a salad dressing than real mayonnaise.

Meat, Cold.—When meat is served cold, it should always be placed on a clean dish and ornamented with a little parsley. In the case of beef, scraped horse-radish may be added. If it be veal, a little glaze (see GLAZE) rubbed over it makes a wonderful difference in its appearance. So also in all kinds of cold fowl or game. (For the various methods of warming up cold meat, see CURRY, HASH, MINCE, RISsoles.) Never attempt to spoil a cold joint by making it hot in the oven the second day, even if underdone; it is an idle as well as wasteful procedure. There is great waste in drying-up joints as well as in over-cooking them.

Milk, Condensed.—Swiss milk in tins is a great assistance in making all kinds of sweets. Cream is very expensive, but a pint of milk in which a tablespoonful of Swiss milk has been dissolved, and a yolk of egg beaten up, is a very good substitute.

Mince.—Mince is almost always made from meat that has been cooked before, and the chief point to be considered is how to avoid over-cooking it, which is very likely to happen considering how very small are the pieces to be warmed up. Take the remains of any cold beef or mutton, remove all the skin and gristle, and chop the meat very fine. Take sufficient Stock No. 3 to moisten the mince, and make it hot in a stewpan. Chop up a small piece of onion very fine—a piece as big as half the thumb for every pound of meat—and also a little parsley—half a teaspoonful; boil these in the stock for five minutes, and add some pepper and salt, and a teaspoonful of Harvey sauce. Have some fried bread ready, or some sippets. A few minutes

before the mince is wanted, warm it up in the stock, flavoured as we have said, watch it, heat it slowly, and as soon as it is *hot* turn it on to the dish, place the bread round it, and serve at once. Underdone beef (or mutton) makes exceedingly nice mince if it is exposed to the action of the fire only just long enough to make it hot through.

Veal is best warmed up in the same manner, with a little white stock boiled away mixed with a little boiled milk. Some chopped parsley may be added, as well as a little veal stuffing (very little) if any is left. Only add just sufficient stock to moisten the mince. No Harvey sauce should be used. Poached eggs are very nice on minced veal.

Mince Meat.—Take three apples, three lemons, one pound of raisins, three quarters of a pound of currants, one pound of the best beef suet, a quarter of a pound of raw beef, two pounds of moist sugar, four ounces of candied peel, a quarter of a rind of a fresh orange, one good teaspoonful of powdered spices—composed of equal quantities of cinnamon, cloves, and nutmeg—one glass of port wine, and half a pint of brandy.

Peel the apples, and cut out the cores very carefully, and then bake the pieces till they are soft. Squeeze the lemons, and cut away the white pappy part, and boil the lemon-peel till it is fairly soft. The raisins must be carefully stoned, and the currants washed, picked, and dried. Chop the suet very finely (see No. 16), as well as the raw meat and lemon-peel.

Mix all the ingredients well together, and add the brandy last of all. It must be very thoroughly

stirred. Press the mincemeat down in a jar, and place a piece of brandied paper over the top. The mincemeat should be occasionally stirred, and a fresh piece of paper added. By adding a spoonful of brandy every two or three months, this will keep good for a year.

Mince Pies.—Make some good paste (see PASTE, PUFF); roll it out very thin; butter some patty-pans; line the pans with the paste; put in a generous heap of mincemeat; cover over with some more thin paste; join the edges, and trim. Bake in the oven, shake a little powdered sugar over the top, and serve very hot.

N.B.—Two mince pies, with mincemeat in them, are worth more than four mince pies without.

Mint Sauce.—Chop up enough mint, very finely, to fill a tablespoon piled up. Put this mint in a tureen, with three tablespoonfuls of water and a dessertspoonful of moist sugar. Press and squeeze the mint, and let it soak as long as possible. Add one tablespoonful of vinegar.

N.B.—A small pinch of mint floating in half a pint of vinegar is not mint sauce.

Mock-Turtle Soup.—The best mock-turtle soup is made from calf's head, and can be made either thick or clear. Mock-turtle soup is so far the nicest mode of cooking calf's head that I will give directions for making the soup from the head direct, and not from the remains of calf's head cooked before some other way, though the same directions will show how the latter can be done. To make clear mock-turtle, proceed as follows:—

Proceed in every respect to make stock No. 1.

(See No. 10.) Get half a calf's head ; remove the tongue and brains (these will make a nice entrée) ; soak the head, and remove all blood-stains ; wash carefully where the brains have been. Place the half calf's head in the saucepan, or stock-pot, with the knuckle of veal and stock, and let it simmer very gently for a couple of hours. Next, take out the calf's head ; cut off all the meat from the bones ; cut the flesh into neat pieces about two inches square, and put them by on a dish, keeping the pieces flat by placing another dish on the top of them. Pour any juice or gravy that has run out back into the stock-pot. When the stock is finished, strain it, and, if not bright, clear it. (See No. 18.) The extract of meat had better be added after the stock is cleared. As half a calf's head should make three quarts of soup, all the ingredients in making the stock should be doubled, including the veal. Next, place in a small stewpan two good tablespoonfuls of mixed sweet herbs (see HERBS, SWEET), one, if possible, of sweet Basil (Basil is sold, dried, in sixpenny bottles), and a teaspoonful of pennyroyal. This last is not essential, but is an improvement. Pour about half a pint of the clear stock on this, and let it boil gently for some time, keeping the lid close down. After it has boiled for twenty minutes, remove the stewpan from the fire, and let these herbs get nearly cold ; then strain them through a gravy-strainer, pressing the herbs with a spoon to extract as much flavour as possible. Next, place the soup in a large saucepan on the fire, and put in the meat, which is probably tender ; if not, it must simmer in the soup till it is. Flavour the soup with cayenne pepper, ordinary

pepper, and salt. Add the juice of the herbs gradually, till you get the right flavour. (These herbs vary so much in strength, according to the time they have been picked, that exact quantities cannot be given.) Probably the whole of what I have mentioned will have to be added, Next, add half a pint of golden sherry, and the juice of half a lemon. Have ready a few egg-balls, in which a little finely-chopped parsley is mixed with the eggs, which have been set in boiling water. Throw these into the soup, and serve. (See EGG-BALLS.) Three quarts of mock-turtle will require a brimming dessertspoonful of extract of meat, or even more. If the herbs are stale, more must be added in making the herb-juice. The bones can be put on for making Stock No. 3.

Mock-Turtle Soup, Thick.—Proceed exactly as in making clear mock-turtle soup, only substitute No. 3 Stock for No. 1—*i.e.*, bones instead of knuckle of veal. (See No. 10.) Of course you need not clear the soup. After cutting the meat off the head, put back the bones of the calf's head into the stock-pot. Make the herb-juice as before, adding, if anything, rather more herbs. Thicken with brown thickening (see No. 12), and carefully skim off the grease. This requires patience. (See Stock No. 4, No. 10.) Add the same quantities of extract of meat, sherry, eggballs, &c. The amount of thickening required will be considerable. This soup is always best made the day before. Half a calf's head will make three quarts of soup.

Mock-Turtle Soup from Pig's Head.—Proceed exactly as in making thick mock-turtle soup from

calf's head. The difficulty is to get rid of the fat. This soup will always have a *slightly* greasy taste, but is still very excellent. It is only suitable in winter. To get rid of the fat, let it simmer gently by the fire. Throw in occasionally a little cold water. This will send the fat to the surface. Skim it, and let it boil away. (See STOCK, No. 4. No. 10.) Then throw in some more cold water, &c. In winter-time, this gives but little trouble. Make it a day or two before it is wanted. A whole pig's head will make as much as half a calf's head. Less wine may be added, but not less herbs. No egg-balls are necessary.

Moselle Cup. (See CUPS.)

Muffins.—Toast the muffin thoroughly on both sides; then cut, or better, tear it open, and butter the inside plentifully. Put the two buttered pieces together, and serve in a dish placed on a basin of boiling water. Cover the muffins with a hot cover. Muffins are an extravagant dish, as, to be nice, they should nearly swim in good fresh butter. Some persons sprinkle salt over muffins, from a salt-box like a pepper-box, called a "muffineer."

N.B.—When muffins are served to be eaten with meat, cut them across right through both halves once. When they are served to be eaten alone, such as at tea-time, cut them into quarters.

Mulligatawny Soup.—The best meat to serve up in Mulligatawny soup is either rabbit or chicken, but sometimes a little veal is used; in this case take care that the veal has not been boiled till it is uneatable. If fowl or rabbit is used, be sure to extract as much goodness as you

can out of the bones by boiling them in the stock. Put the meat of the rabbit or fowl by on a plate till wanted. Proceed in every respect to make the soup as if you were making curry sauce, only add three times the quantity of stock. Thicken with brown thickening. (See No. 12.) Add the meat to the soup the last thing, and hand boiled rice with the soup. (See RICE BOILED FOR CURRY.)

Mullet, Red.—The best way to cook red mullet is to carefully wrap it up in well-oiled paper, with plenty of butter, pepper and salt, and bake it in the oven. Never clean the fish; the liver is the best part. Time to bake, about twenty to twenty-five minutes for small fish. Send to table in the paper. Not more than two can be cooked in one paper. Mulllets are best cooked one in each paper. They are very pretty served without the paper, but the fish is too delicious to sacrifice flavour to appearances.

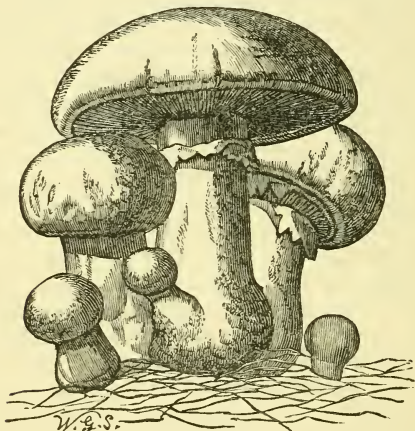
Mullet, Grey. (See GREY MULLET.)

Mushrooms.—In many parts of the country mushrooms are so plentiful that their cost, like blackberries, may be considered almost nil. Great care should be exercised by novices in picking them. The most common mistakes are made by Cockney tourists and the inhabitants of large towns, who are unable to distinguish between edible mushrooms and poisonous fungi.

It is exceedingly unwise to rely upon mere book-learning in selecting mushrooms, as mistakes may prove fatal. The motto should be, "When in doubt go without." Of the mushrooms generally eaten in England, and which may be partaken of with impunity, the chief is the common mushroom

(*Agaricus campestris*). "When eaten," says Dr. Lancaster, "this mushroom should be fresh gathered, as after keeping it acquires properties that render it liable to disagree. The *Agaricus campestris* may, however, be dried quickly, and kept wholesome for any length of time, or they may be powdered and thus kept. When salted fresh and pressed they yield the sauce known by the name of 'ketchup,' or 'catsup.' When arrow-root and weak broths are distasteful to persons with delicate stomachs, a little seasoning with ketchup will generally form an agreeable change." The mushroom itself may be cooked in a variety of ways. Some roast them, basting them with melted butter, and serve with white wine sauce. They may be added to patties and fricassees. In France they steep them in oil, adding salt, pepper, and a little garlic; they are then tossed up in a small stewpan over a brisk fire, with chopped parsley and a little lemon-juice. The morel is occasionally found in Great Britain. In the opinion of fungus-eaters it is a great luxury. It is prepared in the same way as the common mushroom, but its flavour is more delicate. Ordinarily, it is obtained from our Italian warehouses, but, if sought for about the beginning of summer, it may not unfrequently be found in our orchards and woods. Another fungus met with in English markets is the truffle. It is more uncommon in this country than the morel, but it is imported in considerable quantities from France. Truffles grow entirely underground, and truffle-hunting dogs, and even swine, are trained to discover them. They impart a fine flavour to soups and gravies, and enter into the

composition of stuffing for boars' heads, fish, and other kinds of animal food. In his valuable work on the "Esculent Funguses of England," Dr. Badham remarks of the odours and tastes of mushrooms that both one and the other are far more numerous in this species of plant than in any



MUSHROOMS.

other with which we are acquainted. Some of them give out powerfully disagreeable odours, whilst others yield the most agreeable of perfumes. The authority just mentioned enumerates no fewer than forty-eight species of mushroom, all of which are good to eat. The great objection, however, to mushrooms, is that some of them are very poisonous; and mistakes occur so often that only persons skilled in distinguishing the various species ought

to be trusted for administering them indiscriminately as food. On the continent persons are specially appointed to examine all fungi sent to market, so that only those which are safe to eat are allowed to be sold. According to Dr. Badham, the majority of fungi are harmless, but his account of the poisonous effects of the minority, and the *post-mortem* appearance of the organs of those who have died through partaking of them, are enough to alarm the most stout-hearted.

Mushrooms, Fried.—The simplest form of cooking mushrooms is to fry them. Peel the mushrooms and cut off the stalks, and place them in a frying-pan, with a little butter; fry gently till they are quite tender, season with a little pepper, and pour the contents of the frying-pan over them. The trimmings of mushrooms are valuable for flavouring gravies, &c.

Mushrooms (au Gratin).—Scoop out the inside of some nice round cup mushrooms, after peeling them, and cut off and peel the stalks; chop up these last with some onion, parsley, a pinch of thyme (say, a piece of onion the size of the top of the thumb, and a teaspoonful of parsley, and a piece of lemon-peel the size of a sixpence, for six mushrooms); fry these in some scraped bacon-fat, flavour with pepper and salt, and add some bread crumbs in sufficient quantity to fill the six cups hollowed out. Cover with bread crumbs and bread raspings. Cook these filled cups very slowly in a stewpan, with a little oil or melted fat, covering over carefully to keep in the flavour. Serve with or without brown gravy, poured round, not over.

Mushroom Sauce.—Peel and cut up some mushrooms—button mushrooms are best—and boil them in some good rich brown gravy. (See GRAVY.) Sufficient mushroom must be added to make the gravy about as thick as egg sauce.

Mussels.—Mussels are an exceedingly cheap and nice form of food, being generally sold at one penny a quart. Take two quarts of mussels; wash them thoroughly and scrub them with a brush. Place them in salt and water for two or three hours to clean themselves from sand. Make the water as salt as sea-water. Take them out an hour before you want them. Take a saucepan; put into it a pint of water, two slices of onion and two slices of lemon, a few sprigs of parsley and a pinch of thyme. Bring the water to a boil. Then put in the mussels; and as soon as they are open they are done. Serve them in a soup tureen, with bread and butter. Vinegar and pepper can be eaten with them like oysters. Their season is the same as oysters. Send the liquor in which they were heated up in the tureen with them.

Mutton Broth.—Take two pounds of what is known as the scrag-end of the neck of mutton; remove as much as possible every particle of fat. Put it in a quart of cold water, with a slice of onion and a saltspoonful of salt. Let it simmer very gently for three or four hours. Skim occasionally. The broth should be then strained off, and allowed to get cold. Take off all the fat, and warm up when required. Should pearl barley be wished in it, take a tablespoonful of pearl barley and wash it, boil it in water for about ten minutes,

strain it off and throw away the water ; boil this now washed barley in the broth. The outside of barley is always dirty. When not required for invalids, some chopped parsley may be added to the broth, as well as other vegetables such as turnips, carrots, leeks. The meat may also be stewed for a much shorter time, and served in the broth.

Mutton, Boiled.—The best joints for boiling are the leg, the neck, the breast, and sometimes, the loin. The three latter joints should be carefully trimmed from the fat, as the fat swells so in boiling, that the smallest quantity only should be left on the joint. The breast of mutton is also very nice stewed. (See No. 2.) Directions for boiling are fully given in No. 1. Boiled turnips should always accompany boiled mutton. Carrots, and almost every other kind of vegetables, are also suitable. Serve capers or caper sauce with all boiled mutton.

Some of the liquor in which the mutton is boiled should be poured over the meat, and a second supply sent up boiling hot, to warm up the joint in time for the “second help.”

Mutton Chops.—Mutton chops are always best grilled. (See No. 5.) Trim the chops before grilling, and avoid having too much end. It is more economical to cut off the ends of chops, and make an Irish stew with them, than to have them left on the plates, as is often the case.

When chops are cooked in a frying-pan, avoid having too much fat, as it makes the meat sodden. Have just sufficient fat to prevent the

chop burning. The flavour of a chop cooked in a frying-pan is very inferior to one cooked on a grid-iron. When the meat is not of a superior quality; perhaps the frying-pan is best. Make in this case a little gravy, with flour, pepper, ketchup, &c., in the frying-pan, with a little water.

Mutton, Curried. (See CURRY.)

Mutton Cutlets. (See CUTLETS.)

Mutton, Hashed. (See HASH.)

Mutton, Loin of, Roast. (See No. 3.)—This joint is often a very extravagant one, owing to the exceedingly wasteful palates of the persons who dine off it. By far the best and most economical way to treat a loin of mutton is to bone it. Cut up the upper part for cutlets (see CUTLETS); make a small Irish stew of the ends. (See IRISH STEW.) Stew the fillet, or cook the fillet whole as a cutlet—a most delicious dish. Make the bones into stock, and the fat into a pudding, or run it down into dripping.

Another way is to bone (see No. 22) the loin, fill it with veal stuffing (see VEAL STUFFING), roll it up, tie it securely round with string, and bake it in the oven; serve with some rich brown gravy.

A loin of mutton boned, rolled, and stuffed, is very nice cold.

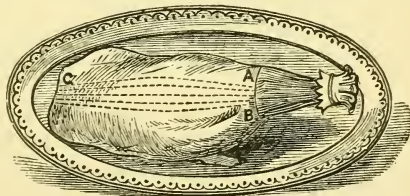
Mutton, Minced. (See MINCE.)

Mutton Pie.—Cold mutton, especially when underdone, makes a very nice pie. Cut the mutton in slices, use the bone to make Stock No. 3. Put the meat in a pie-dish, and lay it in alternate

layers with some potatoes sliced thin. Season with a piece of onion as big as the top of the thumb chopped fine, a pinch of mixed sweet herbs, a little chopped parsley (about a teaspoonful), some pepper and salt; cover with some good stock, make an ordinary crust, cover, and bake. If the stock is good, and sets into a jelly, this pie is very nice cold for breakfast or lunch. A sheep's kidney sliced and added is a great improvement.

Mutton, Roast.—The best joints for roasting are the leg, the haunch, the saddle, the loin, the shoulder, and sometimes the neck. Mutton should not be roasted too fresh, especially the haunch and leg. The former is often covered over with a flour-and-water paste during the earlier period of roasting. When nearly done the paste is removed, the joint brought nearer the fire, basted with butter, and quickly browned of a mahogany colour. Red currant jelly should be served with haunch of mutton and saddle of mutton.

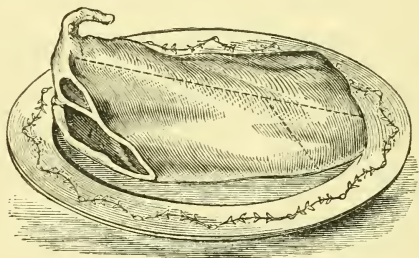
The leg of mutton is really part of the haunch,



HAUNCH OF MUTTON, TO CARVE.

and is sometimes carved haunch-fashion, *i.e.*, parallel with the bone.

In carving a haunch of mutton make an incision from A B with the point of the knife, holding the knife rather upright, then cut slices down the joint from A to C. After a few slices are cut, the gravy will settle in the meat, and a little can be poured over each slice with a spoon. Take care in carving the haunch not to let the gravy run out of the joint into the dish.



SADDLE OF MUTTON.

In carving a saddle, cut slices longways out of the back, putting the knife into the meat near the tail, and bringing it down parallel with the spine. The latter part of the slice will contain plenty of fat.

In small dinner-parties where the joints are not carved on the table, a leg of mutton cut haunch-fashion, or a loin cut saddle-fashion, will often serve for those larger joints.

Full directions for roasting will be found in No. 3. Always have a little fresh gravy *hot* to be poured over the joint some little time after it has been carved—in time for the second help.

Almost any kind of vegetables may be served with roast mutton.

Onion sauce (see ONION SAUCE) should be served with roast shoulder of mutton, and is often sent in with a leg. A saddle is generally esteemed the prime joint. At one of the most popular restaurants in London, chiefly noted for its joints, a dozen saddles are cut up to one haunch.

Nettles, Spring, to Boil.—In many country places nettles are eaten freely as a vegetable in the early part of the year, as they are considered excellent for purifying the blood. The young light green leaves only should be taken. They must be washed carefully and boiled in two waters, a little salt and a very small piece of soda being put in the last water. When tender, turn them into a colander, press the water from them; put them into a hot vegetable dish, score them across three or four times, and serve. Send melted butter to table in a tureen. Time, about a quarter of an hour to boil.

Norfolk Dumplings.—The simplest way of making Norfolk dumplings is to order a few muffins from the bakers, boil them for about twenty minutes in some water, and serve with some sweet sauce. The muffins will swell considerably.

Normandy Pippins.—Soak the pippins in water overnight, stew them gently for two or three hours in a little water, with sufficient sugar to make the juice a syrup, and also a few strips of lemon-peel, a few cloves, and a small stick of cinnamon. When

quite tender, take them out without breaking them, and place them in a glass dish. Bring the syrup to a boil, and colour it pink with cochineal, pour over the stewed pippins, and let them get cold. A small glass of port wine added to the syrup is a great improvement.

Noyeau Ice Cream. (See ICE CREAM.)

Nutmeg.—Nutmegs are exceeding valuable for flavouring custards, cakes, puddings, &c., and many kinds of sauces, including butter sauce. As the flavour of nutmeg is very strong, care should be taken not to over-flavour delicate sauces—hence, directions will often be given as “flavour with a suspicion of nutmeg.” This is best done by rubbing a nutmeg once or twice across a grater, letting fall what is scraped, then flipping the grater over the sauce. Sufficient will generally drop to make the “suspicion.”

Oatmeal Gruel. (See GRUEL.)

Oatmeal Porridge. (See PORRIDGE.)

Olives.—Olives are sold preserved in salt and water in bottles. They are a popular dish for dessert, being sent up as they are in a little of the liquor in a glass dish. When used for garnishing salads, salmis, &c., they should be stoned. For this purpose cut them longways, keeping the edge of the knife against the stone the whole time. When the stone comes out this strip will roll up, and look like a whole olive.

Olive, Beef. (See BEEF OLIVE.)

Omelet, Savoury.—In making omelets it is absolutely essential to have a clean frying-pan. As a rule it is safest to keep a frying-pan especially for omelets. It is impossible to make a nice-looking omelet in a frying-pan that has been in the least burnt, or, as a rule, that has been used for general purposes. Eggs may be fried in an omelet-pan, or pancake, but no meat should ever be cooked in it.

Chop up very fine a piece of onion as big as the top of the thumb, some parsley—a teaspoonful when chopped—and chop with the parsley a pinch of mixed sweet herbs (see HERBS)—as much as can be taken up with the finger and thumb. Break three eggs into a basin, and beat them up (No. 15) till they froth; add a saltspoonful of salt, and half a one of pepper, and the chopped onion and parsley, &c. Melt two ounces of butter in an omelet-pan (a clean frying-pan that has never cooked meat), and when it froths in the pan pour in the beaten eggs, &c., and stir quickly, scraping the bottom of the frying-pan with a spoon to prevent the mixture sticking and burning. As soon as this mixture begins to set, scrape it up into rather less than half of the omelet-pan, so as to make it a semicircle in shape; slacken the heat, and as soon as the mixture ceases to run, take the omelet-pan off the fire, and hold it in front of the fire, slanting the omelet-pan as much as possible consistent with not dropping the omelet. This will make the omelet lighter. The moment the top of the omelet show symptoms of changing colour, *i.e.*, of getting brown, place it on a dish, moving it with a slice similar to one used

for fried eggs. Some rich brown gravy may be poured round the base, or the omelet can be served without. Some cooks add a tablespoonful of milk to the eggs.

Omelet Soufflé.—An omelet soufflé should be served in the same dish in which it is baked, and should be sent to table with the greatest expedition after it is taken out of the oven, as it falls and grows heavy very quickly. Break half a dozen fresh eggs into separate bowls, separating the yolks from the whites. Whisk four of the yolks, and mix with them a teaspoonful of dry flour, three tablespoonfuls of finely-powdered sugar, a small pinch of salt, and any flavouring that may be preferred, such as grated nutmeg, lemon or orange rind, vanilla, &c. Butter the soufflé-pan, to keep the omelet from sticking to it, whisk the whites of the six eggs to a firm froth, mix them lightly with the yolks, pour the mixture into the pan, and bake in a quick oven. When it is well risen and brightly browned on the top, the omelet is done enough. Sift a little sugar over it very expeditiously, and serve. Some cooks put a hot flannel round the pan to prevent its cooling on the way to the dining-room. Time to bake, a quarter of an hour. Probable cost, 8d. Sufficient for two or three persons.

Omelet, with Ham or Bacon. Omelet, with Kidney. Omelet, with Oysters.—Whenever an omelet has any meat served with it—such as kidneys, ham, bacon, oysters—let the omelet set in the frying-pan round; that is, do not scrape it up into one side of the omelet-pan. When the omelet has nearly set, place a large gravyspoonful of

stewed kidneys cut up small (see KIDNEYS), or a few slices of grilled ham or bacon (see BACON, GRILLED), or a gravyspoonful of scalloped oysters (see OYSTERS, SCALLOPED)—whichever is used—on one half of the omelet in the pan; lift the other half with a slice and cover over. This must be done just before it quite sets—when about a table-spoonful still runs. Take the omelet-pan off the fire, and with a spoon scrape what little is still unset round to the edges where the two flaps meet over the meat. Hold in front of the fire as before.

Omelet, Sweet.—Proceed exactly as in making a savoury omelet, only add a dessertspoonful of powdered sugar instead of the onion, herbs, pepper and salt. A pinch of salt should be beaten up with the eggs, with the sugar. When the omelet is finished shake some powdered sugar over it. A sweet omelet is much improved by a saltspoonful of Essence of Vanilla being added to the beaten eggs.

Omelet with Kirsch.—Make a sweet omelet, and heat a tablespoonful of kirsch, by holding a light under the spoon, As soon as the spirit catches fire pour it round the omelet, and serve flaming.

Omelet with Pink Noyeau.—Take a tablespoonful of brandy, and add to it five or six drops of essence of almonds, and a few drops of cochineal to make it pink. Light this like the kirsch, and pour it round a sweet omelet, and serve flaming. Rum is also very good burnt with omelets.

Omelet with Jam.—Make a sweet omelet, only

let it set round like a savoury one in which meat is about to be added, place a large tablespoonful of jam on one side, fold the omelet over, and finish as



OMELET-PAN.

directed above. Sift some powdered sugar over the top. Apricot jam is the best. Strawberry or raspberry jam are almost equally good, and a very nice sweet omelet is made with a tablespoonful of marmalade added instead of jam.

Onion Sauce.—Parboil three good-sized onions, strain them, remove the core, and chop them finely on a chopping-board. Put them into half a pint of milk, and stew them gently for half an hour, Thicken the mixture slightly with a little white thickening (see No. 12), or with a little butter and flour. Season with a little pepper and salt. If the onion sauce is liked rather mild, use Spanish onion—one large Spanish onion will be sufficient for half a pint of milk.

Onions, Spanish, Baked, &c.—Place a saucer in a saucepan, and add enough water just to cover the saucer. Place a Spanish onion in the saucer, and let it steam till tender—about three hours.

Spanish onions can be baked in the oven, with a little butter to prevent them sticking. Time, about

three hours. Some cooks remove the core and fill in with butter and flour mixed.

Onions, Spanish, Pickled.—The remains of a cold Spanish onion makes an excellent pickle or salad, dressed with oil and vinegar like an ordinary salad.

Orange Jelly. (See JELLY.)

Orange Fritters. (See FRITTERS).—Divide the orange into sections, sometimes called pigs, remove all the white part, but do not break the skin, dip each piece into brandy, then into powdered sugar, and batter and fry. (See FRITTERS and BATTER.)

Orange Water Ice. (See ICE, ORANGE WATER.)

Ox-foot Soup.—A nice soup, very much resembling mock-turtle soup, can be made from ox-feet, or, as they are sometimes called, “cow-heels,” but perhaps ox-foot is a better name. Order an ox-foot from the butcher’s; have it scalded, but not boiled, as in the latter case the greater part of the goodness is boiled out of it. Put the foot on to boil in No. 3 Stock. (See No. 10.) After boiling for three or four hours, take it out and cut all the flesh off the bone, cutting the meat as much as possible like the meat for mock-turtle soup. When you first put on the foot, add a tablespoonful of mixed sweet herbs, and when you take out the foot strain off the stock. The flesh must then be put back into the stock, and simmered or boiled till it is perfectly tender. This soup, to be nice, requires two days to simmer. Thicken the soup with a little brown thickening, flavour with pepper and salt, and also, if you wish it really good, add a glass

of sherry. Be careful to have all the fat removed, especially after thickening the soup. This is an exceedingly cheap and nourishing soup. It requires patience in boiling, as, till the meat is perfectly soft and tender, the soup itself will not be glutinous.

Some carrot and turnip may be boiled, and cut up and served in the soup; also the vegetables, boiled with the stock, may be rubbed through a wire sieve (see No. 21) into the soup.

Ox Kidney. (See KIDNEY.)

Ox Liver. (See LIVER.)

Ox-tail Soup.—Cut an ox-tail into pieces, about an inch long, with a small, fine, meat-saw. Stew these pieces of tail in some Stock No 1. (see No 10) before the stock is cleared. Cut up a carrot and turnip into small square pieces the size of dice. When the pieces of tail are nearly tender, add the vegetables, simmer till the tail and vegetables are quite tender, strain off the pieces of tail and vegetables. Clear the stock (see No 18), add a dessertspoonful of extract of meat to every three pints of soup, put in the tail and vegetables, and serve. If the tail is very large, the pieces near the root must be cut into two, or even four. A small tail will make three pints of soup, and a large tail three quarts. Be careful to remove all the grease before clearing the soup.

Ox-tail Soup, thick.—Cut up the tail as before, stew it in Stock No 3 (see No 10), add the vegetables, cut up as for clear ox-tail. Boil a tablespoonful of sweet mixed herbs, in a little stock,

in a stewpan, and strain the liquor through a strainer into the soup. Thicken with some brown thickening (see No 12), till the soup is of the consistency of thin cream. Add a dessertspoonful of extract of meat to every three pints, and a wine-glassful of sherry to the same quantity. A small tail will make three pints, and a large tail three quarts. Skim off all fat and grease very carefully after thickening the soup.

Ox-tail, Stewed.—Stewed ox-tail is really thick ox-tail soup, with very little soup, and that little richer than ordinary soup. To stew the tail, cut up into inch pieces in some good brown gravy, with a carrot and turnip, cut up in small pieces the size of dice. Let the gravy get cold when the tail is tender. Remove the fat, warm up the tail in the gravy, and serve.

Ox Tongue. (See TONGUE.)

Oyster Patties. (See PATTIES.)

Oyster Sauce.—Place a dozen oysters in a small saucepan, with their liquor, and add sufficient milk to cover them. Scald them by bringing the liquor to a boil, and instantly strain off the oysters. Thicken the milk and liquor with some white thickening (see No. 12) till it is as thick as cream. Dissolve in an ounce of butter. Add a little pepper and a teaspoonful of anchovy sauce (grocers'), also a "suspicion" of nutmeg, and a little drop of lemon-juice may be added the last thing. A dozen good-sized blue-points would make nearly a pint of sauce. The oysters should be cut in half, or, if large, into three or even four pieces, and added to

the sauce after it has been removed from the fire. If the oysters boil, they are quite spoilt by being hard.

Oyster Sauce from Tinned Oysters.—When oysters are too dear, or out of season, a very nice sauce can be made with tinned oysters as follows:—Open a tin and turn the contents, oysters and all, into a saucepan, with a little milk, and let it boil up; then turn it out on to a wire sieve, and rub all the oysters, which are hard, as a rule, through the sieve. Pour back the sauce into the saucepan, thicken it with white thickening (see No. 12), or with butter and flour. Dissolve in an ounce of butter, add a teaspoonful of anchovy sauce (grocers'), season with pepper and salt if wanted, and add a little lemon-juice the last thing.

Oysters, Scalloped. — Open a dozen oysters, saving the liquor, scald them in their liquor, adding just enough milk to cover them; strain them off; thicken the liquid with a little white thickening (see No. 12), or some butter and flour; add a good amount of pepper, and a saltspoonful of anchovy sauce, and a “suspicion” of nutmeg. Get two good-sized scallop shells, or three ordinary-sized ones. Add sufficient bread crumbs (see No. 20) to the mixture to make it a nice moist sort of pudding. Place equal quantities in each shell. Shake some bread crumbs over the top, and place some little pieces of butter, cut up small, over the crumbs. Shake a few bright, golden-coloured bread raspings over the whole, and make hot in the oven. Serve in scallop shells.

Some, especially French, cooks thicken with butter and flour till the mixture is as thick as

double cream. Place this mixture in the shells with the oysters as it is. Then shake a few bread crumbs and raspings over the top, and warm in the oven. This is a richer way.

Oyster Soup.—Open a dozen oysters, scald them in their own liquor and a little milk, strain them off directly, and put them by. Boil a quart of No. 3 Stock, that has had no extract of meat put to it, down to half a pint. Boil separately a pint and a half of milk, and add to it the reduced stock. (See No. 26.) Thicken with some white thickening (see No. 12) till the soup is as thick as cream. Add some pepper and a teaspoonful, or rather more, of anchovy sauce. Make the soup tureen hot with boiling water, empty it, put in the scalded oysters, now cold, and pour the boiling soup on to them in the tureen. It is an improvement to boil a bay-leaf in the soup. A “suspicion” of nutmeg may also be added.

A small tin of oysters, rubbed through a wire sieve with the liquor, makes this soup much better.

Oysters.—Native oysters at 3s. 6d. a dozen are out of the reach of all save the very wealthy or extravagant. American blue-points are sometimes to be bought at 6d., and even 4d., a dozen, and for *cooking* purposes are quite equal to natives, if not superior.

In opening oysters for cooking, remember the great importance of catching the liquor in the shells. When oysters are eaten plain, thin brown bread and butter should be served with them, and a lemon cut into quarters; also serve with them plain vinegar, chili vinegar, and black pepper and

cayenne. Serve the oysters up in their deep shells, and keep in as much of the liquor as possible. Oysters really should be eaten without any vinegar or pepper at all.

Oysters, Fried.—Scald the oysters in their own liquor as follows:—Place, say, a dozen blue-points in a saucepan, with their liquor, and add enough water to cover them. Bring the water to a boil, and the instant it boils take it off the fire, or otherwise the oysters will get hard. Dry the oysters, flour them, dip them into batter (see **BATTER**), and fry them in some very hot fat. (See No. 6.) Serve on a napkin folded on a dish, with a little fried parsley. They can also be egg-and-bread-crumbed and fried. (See No. 20 and No. 6.)

Oysters, Roast.—Place, say, a dozen oysters deep shell downwards on a gridiron. As soon as the oysters begin to open they are done. Serve in their shells, with thin brown bread and butter and lemon.

Oysters, Stewed.—Scald a dozen oysters in their liquor, with a little milk, only sufficient to cover them. Strain them off, and thicken this liquor with a little white thickening (see No. 12); add a saltspoonful of anchovy sauce, a very little nutmeg, and let the oysters stew (see No. 2) in this, taking great care that they do not nearly boil. Half an hour will be sufficient to stew.

If this dish is recommended for an invalid, a quarter of a pint of cream, boiled separately, should be served with it.

Toasted bread should be served with stewed oysters.

Oysters, Tinned.—Tinned oysters are very valuable to assist sauces, soups, &c., but as a rule the oysters themselves cannot be eaten, unless rubbed through a wire sieve. They are, however, sometimes used to mix with fresh oysters, and they will make soup, scallops, sauces, &c., of an inferior quality, served whole.

Palestine Soup.—Take a dozen good-sized Jerusalem artichokes ; peel them, and, like potatoes, throw them into cold water as you peel them, to prevent their turning a bad colour. Boil these artichokes in a quart of No. 3 Stock (see No. 10) that has not had any extract of meat put to it. Boil away the stock till it becomes a pulp with the artichokes, taking care they do not burn. Then rub them through a wire sieve. (See No. 21.) Boil separately a pint and half of milk, boiling a couple of bay-leaves in it. Add the pulp to the boiling milk. Add also one lump of white sugar. Flavour with a little white pepper and salt. If the soup is not sufficiently thick—it should be like double cream—add a little white thickening. (See No. 12.) But one dozen artichokes of a good size will be sufficient, as a rule, for a quart. If the artichokes are small, more must be added. A moderate-sized Jerusalem artichoke is as big as the fist. If the soup is wanted rich, a couple of yolks of eggs can be beaten up with half a pint of hot soup, and put into the tureen, the remainder of the soup, very hot, but not boiling, poured on it. A “suspicion” of nutmeg may be added. Serve fried bread with it. (See No. 7.)

A piece of raw ham boiled in the stock is a

very great improvement to this, and, in fact, to all white soups. It is not, however, absolutely essential.

Pancakes.—The batter for pancakes is best when made an hour or two before it is wanted for use. It should be quite smooth, and of the consistency of very thick custard. The eggs should first be whisked thoroughly, the yolks and whites separately; the flour should then be added, and, when it has been beaten until it is quite free from lumps, the milk or cream should be put in. In making plain pancakes, two tablespoonfuls of flour and a quarter of a pint of milk should be allowed to each egg. If a larger proportion of eggs be used, less flour will be required. The fire over which pancakes are fried should be clear and bright, and the frying-pan scrupulously clean and hot. In order to ensure this, it is best to melt a little fat in it, then pour it away, wipe the inside quickly round with a dry, clean rag, put in a little more fat, and afterwards pour in the batter, which should cover the pan entirely, and be as thin as possible. The edges of the pancake should be kept free from the pan with a knife, and the pan must be shaken lightly, to prevent sticking. When the batter is set, and the under side of the pancake nicely browned, the pan should be taken hold of at the end of the handle, and lightly jerked upwards, so as to turn the pancake completely over, and in a minute or two it will be ready for serving. If any difficulty is found in throwing up the pancake, it may be turned with a slice, or cut in two, and then turned. Pancakes may be dished in various ways, either flat, with sugar sifted between, or

rolled and piled on a hot napkin—this being the best, as it keeps in the heat. Lemon and sugar are generally sent to table with them, and they should be served as hot as possible. They may be flavoured according to taste. A few chopped apples, or a teaspoonful of dried currants, is sometimes mixed with the batter, or sprinkled upon it when it is set in the pan, and another thin coating of batter poured over; and pancakes thus made are called apple or currant pancakes. Pancakes are much more easily fried in a small pan than in a large one. Time to fry, five minutes. Probable cost of batter, 8d. per pint. Sufficient for three or four persons.

Parmesan Cheese.—Parmesan cheese is the best cheese for adding to dishes known as “*au gratin*.” It is now sold ready grated in bottles.

Parsley and Butter Sauce.—Get some fresh parsley; wash it, and let it dry; chop it very fine. Add a tablespoonful of this chopped parsley to half a pint of butter sauce (see BUTTER SAUCE) or white sauce (see WHITE SAUCE). Throw the parsley into the sauce when boiling. This preserves the green colour. Let it boil for five or ten minutes before serving.

Parsley, Fried. (See No. 6.)

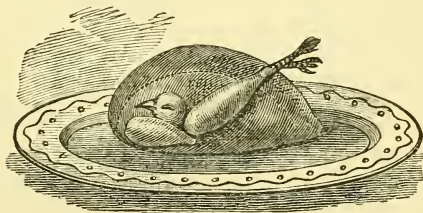
Parsnips, Boiled.—Wash the parsnips, scrape them, cut them into quarters, and throw them into boiling water, salted. (See No. 9.) Send them to table as soon as they are done. Try them with a fork to see if they are done, and skim the water. Time varies with age.

Partridge, Salmi of.—Cut up the remains of some cold partridges into joints. Put the back, or backs, which contain but little meat, to boil for some time in some gravy, breaking them up first as much as possible. Strain off the bones, and rub the gravy through a wire sieve (see No. 21), rubbing all the pieces of meat and inside of the bird through with it. Warm up the remains of the bird in this gravy, but do not let it boil. Add a dessertspoonful of sherry to every half pint of gravy. Serve a little fried bread, and to each half pint of gravy six stoned olives, the last of all. A very little grated nutmeg may be added to the gravy. Avoid too much brown thickening whenever you have gravy for game.

Partridges, Roast.—Let the partridges hang as long as possible, or the flesh will be hard and flavourless. In cool weather, they should be kept fully a fortnight before they are put down to the fire. They may be trussed either with or without the head, though the latter mode is at present more generally preferred. Pluck, singe, and draw the birds, and wipe them carefully inside and out; cut off the heads, and leave enough skin on the neck to skewer them securely. Draw the legs close to the breast, pass the trussing-needle and string through the pinions and the middle joints of the thighs, and tie and skewer the legs. If the heads are left on, they should be brought round, and turned under the wing, with the bill laid on the breast. To give the birds a plump appearance, pass the needle through the back, below the thighs, then again through the body and legs, and

tie the strings firmly. Put the birds down before a clear fire, baste liberally with butter or dripping. The birds may be dished upon a slice of buttered toast, which has been soaked in the gravy in the pan under the birds, or they may be put on a hot dish, and garnished with water-cresses. Brown gravy and bread sauce should be sent to table with them; two or three thin slices of fat bacon, tied round the birds before they are put down to the fire, is thought by some to improve their flavour. The usual fault with partridges is that they are too often overcooked. Young birds roasted in a *brisk* oven do not want more than twenty minutes, and twenty-five minutes to roast before a good fire. Cook should be ordered not to commence to cook partridges until she sees the dirty soup-plates: supposing the dinner to consist of soup, joint, and partridge. They should be served directly they are cooked.

Partridges, Roast, To Carve.—The partridge is cut up in the same way as a fowl. (See FOWL,



PARTRIDGE.

ROAST, TO CARVE.) The prime parts of a partridge are the wings, breast, and merrythought.

When the bird is small, the two latter are not often divided. The wing is considered the best, and the tip of it considered the most delicate morsel of the whole. "Partridges," says Dr Kitchener, "are cleaned and trussed in the same manner as a pheasant, but the ridiculous custom of tucking the legs into each other makes them very troublesome to carve. In connection with the subject of carving, it cannot be too often repeated, that more information will be gained by observing those who carve well, and by a little practice, than by any written directions whatever."

Paste for Common Pies.—Very excellent pastry may be made with lard or dripping, instead of butter, or with a mixture of lard and dripping. Good beef-fat, or suet melted gently down, and poured off before it has had time to burn, is very nearly as good as anything that can be used for making pastry for everyday use. Very palatable pies may be made from the dripping from roast beef, veal, pork—if not impregnated with the flavour of sage-and-onion—or mutton, though the last-named is thought by some to impart a disagreeable flavour of tallow to pastry. The quantity of fat used, of course, will vary according to the richness required, but half a pound of fat to one pound of flour will make a very fair paste suitable for everyday purposes; and it may be remembered that a rich crust is neither so digestible nor so suitable for many dishes as a substantial light one, and that the lightness of pastry depends quite as much upon a light, quick, cool hand as on a large amount of butter or lard. The

addition of a beaten egg or a little lemon-juice to the water, or a teaspoonful of baking-powder to the flour, will make the paste lighter. It should be remembered, however, that though baking-powder is excellent for common pastry that is to be used immediately, pies are more likely to get dry quickly when it is used.

Take a pound of flour, and see that it is dry and free from lumps ; for this purpose it is best sifted.

Next, if butter is used, squeeze it in a cloth to get rid of any moisture. Mix the paste in as cool a place as possible. For ordinary pies, whether fruit or meat, use half a pound of butter—or butter and lard mixed—or dripping—to one pound of flour. Of course, the more butter, the richer the paste.

Avoid mixing paste in a hot kitchen. A marble slab makes an admirable paste-board. Mix the half pound of butter, or whatever else is used, into the flour gently and thoroughly, adding a pinch of salt to the flour. If baking-powder is used, add that to the flour previously.

Then moisten with water, or water and lemon-juice, half a lemon being sufficient for one pound of flour. Roll the whole out three or four times, first flouring the paste-board and roller.

Roll out to the thickness wanted. This is generally a quarter of an inch thick for meat pies, rather less for fruit pies.

A tablespoonful of powdered sugar added to the flour makes the paste into a nice short crust for fruit pies.

Paste for meat pies can be glazed. (See GLAZE.) For making ordinary paste butter is best ; next,

butter and lard, mixed ; next, lard ; last, dripping. Six ounces of dripping is sufficient for one pound of flour.

Paste, Puff.—Equal quantities of butter and flour, the yolk of one egg, and a pinch of salt to every pound of flour ; a little water. See first that the flour is dry and sifted. See that the butter is well squeezed in a cloth, so as much as possible to extract all moisture from it. The butter must be firm, but not frozen. The slab on which the pastry is rolled must be clean and cool. A marble slab is best. If in winter, no ice is necessary ; if in summer, and the day is hot, perfect success cannot be guaranteed without a little rough ice.

Put the flour in a heap on the slab, and make a “well” in the centre, in which place the yolk of egg, the pinch of salt, about two ounces of the butter, and a little water. Gradually mix in the flour with the rest of the ingredients, using the fingers of the right hand, and taking care gradually to rub the butter into the flour. A little more water must be added from time to time till all the ingredients are thoroughly mixed, after which, the paste should be sprinkled with a little more water, and worked backwards and forwards on the slab for a few minutes. The paste at this period should be soft, smooth, and elastic.

Next take the remainder of the butter, and, after squeezing it, press it flat, place it on the paste rolled out. The sides of the paste should then be turned up over the butter, so as to completely cover it.

Next shake a little flour on the paste-board and on the paste. Shape the paste square and let it cool for about ten minutes, using ice if in summer, as afterwards directed. This square should measure rather less than a foot each way, say, ten inches.

Next, place the now cool square on the slab, shake a little flour on the slab, and on the paste as before, and roll the paste out longways, *i. e.*, don't let it get any wider, but keep the sides in, and make it longer—say, two feet long by ten inches wide—and be very particular to keep the edges square; the paste, in fact, must be so rolled that its shape is that of a large, long book, not of a long, oval tin.

Next, fold the paste into three, turn it half round, and roll it out again—still, of course, keeping the edges square. If the weather be hot, it may now be put back into the ice for ten minutes.

Once more roll it out, fold it into three, turn it half round so as to roll it the other way. The paste may be put back into the ice or left to cool, if in winter, three times altogether; and can be be rolled out, folded, and half-turned twice or three times between each.

In rolling out the paste, remember, you roll from you. You, so to speak, roll the paste and make it three times taller, without letting it get any wider, being careful to keep the edges square, and not let them get round.

In folding the paste into three, you will generally be able to guess pretty well how to make the three flaps the same size.

In turning it half round, suppose you have folded

it into three, and shut up the paste like a book with its back towards you.

In rolling it out next time you turn "the book," as if you were going to open it ready for reading.

Of course these directions are only necessary to absolute novices.

The paste is now ready for use. In making tartlets or cases for cheesecakes, remember, really *good* puff-paste a quarter of inch thick will rise to the height of two inches. When this is the case, you may consider your success perfect.

In cooling puff-paste in summer, a very little rough ice is sufficient. Have three good-sized tins ready, perfectly clean, about a foot square. Place some pounded ice in the bottom tin, and place a tin on it. Place the folded paste on this tin, and place the third tin—also containing some pounded ice—on the top of the paste. A very little ice is necessary, and the top tin should not be too heavy with ice. The middle tin should be lightly floured,

Thin tins are best; dishes would not "convey heat" sufficiently quickly to cool paste nicely. In "cooling" the paste, the heat is conveyed from the paste, or it would not cool.

Paste, Suet, for Puddings.—Suet paste for puddings is made by mixing chopped suet with flour, and making the whole into a smooth paste with water. The richness of the paste or crust depends upon the quality and quantity of the suet: the rule being, the more suet the richer the crust. The best kind of suet is the hard beef suet, known as kidney suet. For making a good suet crust the suet must be chopped very fine, (see No 16) and you

must avoid lumps. Good ordinary crust, fairly rich, can be made by mixing one pound of flour to half a pound of suet. When the flour and chopped suet, in the above quantities, have been thoroughly mixed, the suet being rubbed into the flour with the addition of half a saltspoonful of salt, mix with it sufficient water to make it into a smooth paste. Flour a paste-board, and roll it out to the required thickness. For making meat puddings, about a quarter of an inch thick; for fruit puddings, rather less.

For a first-class rich pudding, such as snipe, lark, &c., use three quarters of a pound of the best beef suet to one pound of flour.

For an ordinary good pudding, meat or fruit, for everyday purposes, half a pound of suet to one pound of flour.

For a cheap plain pudding for children, a quarter of a pound of suet to one pound of flour.

Veal suet and mutton suet will make suet puddings. The hard suet from the inside of the loin of mutton will make a very good pudding, but is not equal to beef suet.

Patties.—Patties are small cases, made of puff-paste, filled with various kinds of forcemeat, which forcemeat gives its name to the patty.

Cooks generally seem to exhibit considerable difficulty in making patties, which are often ordered from the "pastrycook's." These patties consist of the maximum amount of paste with the minimum amount of inside; the so-called forcemeat being sometimes a wafer of some sticky

substance, in which the only flavour to be detected is that of anchovy sauce.

Owing to the inferiority of "home ovens," it is often a good plan to order the patty cases, which cost $1\frac{1}{2}$ d. or 2d. each, from the pastrycook's, and to make the inside at home. When this is done, fortunate are those who live within a reasonable distance of a French pastrycook's, like those to be found in the neighbourhood of Soho Square. I will, however, give a few directions for making patty cases. (See PATTY CASES.)

Patties, Chicken, Turkey, or Savoury.—Make some rich mince of fowl or turkey (see FOWL, MINCED), using cream, and, if possible, chopped mushrooms, truffles, and ham, as directed in Mince. Make this hot. Fill some patty cases (see PATTY CASES), and make hot, and serve. Patties look best when served in a silver dish, with plenty of dark-green fried parsley (see PARSLEY, FRIED) round the base. Four small crayfish can be placed one in each corner of the dish. Any kind of rich forcemeat, such as liver forcemeat (see LIVER FORCEMEAT), mixed with game or duck, will make nice savoury patties.

Patties, Lobster.—Remove all the white meat from the tail and claws, break up the bones, and stew them, especially the inside part by the head, in a little boiled milk, or, still better, Béchamel sauce. (See BÉCHAMEL.) Dissolve in this sauce 2 oz. of butter to every half-pint of sauce. Strain off this sauce, and add sufficient lobster butter (see LOBSTER BUTTER) to make it a bright red colour. Thicken it with white roux (see No. 12),

till it is rather thicker than double cream. Season with a little cayenne pepper, a few drops of lemon-juice, and a teaspoonful of anchovy sauce. Mix in the meat of the lobster, cut up into small pieces. Make the mixture hot, and fill the patty cases with the hot mixture, and make the patties hot in the oven.

Serve in a silver dish, ornament the base with dark-green fried parsley and small red crayfish.

Patties, Oyster.—Take a dozen oysters (blue-points make capital patties), open them carefully so as to catch their liquor, scald them in their own liquor (see OYSTERS), being careful that the oysters do not remain in the liquid a moment after it boils. Take out the oysters, and cut them in two, three, or four pieces, according to their size. Add a little milk, or still better cream, boiled separately, to the oyster liquor. Strain it. Thicken it with some white roux (see No. 12), add some white pepper, and a good brimming teaspoonful of anchovy sauce. The sauce must be thickened till its consistency is rather thicker than double cream. Make this thoroughly hot, then beat up in it the yolk of an egg, and add the pieces of cut-up oysters, a few drops of lemon-juice, and just a “suspicion” of nutmeg. Fill the empty patty cases with this hot forcemeat. Make hot in the oven, and serve before the patties get so hot that the inside begins to “frizzle,” as this would curdle the yolk of egg, and make the pieces of oysters as tough as leather.

Serve the patties in a silver dish, with plenty of dark-green fried parsley, and place a small crayfish in each corner of the dish.

Patties, Oyster, from Tinned Oysters.—When fresh oysters cannot be obtained, very good oyster patties can be made cheaply as follows:—Take a tin of oysters, and another of mushrooms. Strain off the liquor, and place the mushrooms on a plate after cutting them into small pieces. Place the oysters in the two liquors, and let the liquor boil away till it is reduced to one-third of its original quantity. Then add some cream, boiled separately, or milk, and rub the oysters through a wire sieve. Thicken with white roux (see No. 12), add a brimming teaspoonful of anchovy sauce, or even rather more. Season with white pepper and a little lemon-juice. Oyster patties require a good deal of pepper. Add the pieces of mushroom, make the whole hot, and fill the cases as before. (See preceding receipt.)

The insides of these oyster patties should be made rather thicker than when fresh oysters are used. A yolk of egg can also be added, as in fresh oyster patties.

Patty Cases.—Take some puff-paste (see PASTE, PUFF), and roll it out to the thickness of half an inch, or rather less. Get two circular tin cutters, one three inches in diameter and the other two inches. Cut with the largest cutter some circular pieces of paste. It is best to dip the cutter into water first. Be sure and cut sharply and smoothly. The round pieces of paste must have *sharp* edges, like a large, flat pill-box, and not round ones, like a cheese. Next take the smaller cutter, and make a slight incision, not quite an eighth of an inch deep, in the top of each piece of puff-paste, making a

small cut in each piece, surrounded by a rim half an inch wide. This is simply a round cut; no paste is removed. Place the pieces of paste in a brisk oven, and bake. (See No. 4.) The paste, if good, will rise to the height of three inches. Each piece will have a lid on the top two inches in diameter. This must be lifted gently off when nearly cold. The white paste inside the patty must be carefully scooped out, and the lid can be replaced when the patty case has been filled.

This shape will be found far preferable to the old-fashioned one of the rings of pastry of different sizes, surmounted by a round uneatable knob.

In filling the cases, always remember to make the forcemeat thoroughly hot *first*, and to put this hot forcemeat into the cold case; then the patties can be made hot in the oven quickly. Were the patties filled with cold forcemeat first, and then made hot, the result would be that the pastry would be dried up and spoilt before the insides got hot through.

Sometimes, when patties are ordered from the pastrycook's, the cook warms them up just as they are. In this case, you will often find the pastry hot, while the "wafer of anchovy something" is quite cold.

Should any filled patties be left, and you should want to warm them up for the next day, lift off the tops, and scoop out the inside. Make this inside hot—say, in a saucer in the oven—put the cases, moist, inside the oven for two or three minutes, then fill up with the hot forcemeat, and place on the puff-paste lids.

Peach Fritters. (See APRICOT FRITTERS.)

Peaches, Tinned.—Tinned peaches can be treated in every respect as Apricots. (See APRICOTS.)

Pears, Baked.—Place the pears whole in a buttered tin in the oven. Shake some powdered sugar over them when done. Baking or cooking pears require a very long time—some four or five hours to bake.

Pears, Stewed.—Peel some cooking pears ; cut them into quarters, removing carefully all the core. Place them in a stewpan, with sufficient water to cover them. To every pound of cut-up fruit add a quarter of a pound of sugar, a small stick of cinnamon as big as the little finger, and a dozen cloves. Stew till perfectly tender, take out the pears, bring the syrup to a boil, strain it, make it a bright red with a little cochineal. When cold, take a tablespoonful of port wine, and add it to the syrup.

Pea Soup.—Take a pint of split peas ; soak them over-night. Then boil them in three pints of Stock No. 3 or Stock No. 4 (see No. 10), leaving in whatever vegetables were used for the stock. A greasy stock is best for pea soup. When the peas are tender, rub them, with the vegetables, through a wire sieve. (See No. 21.) Serve fried bread (see No. 7) and powdered dried mint with the soup.

N.B.—If you have a piece of boiled pickled pork and peas pudding one day, you can make some pea soup out of the liquor and remains of the peas pudding. The remains of cold potatoes

can be used up by being rubbed through the sieve with the peas.

Pea Soup, Green.—Green pea soup can be made from dried green peas exactly the same way, only a good handful of spinach should be boiled with the soup and rubbed through the sieve (see No. 21), to assist in making the soup a good colour.

Pea Soup, Green, Fresh.—Take half a peck of fairly young peas, shell them, and throw the peas into water. Put all the shells into a quart of No. 3 Stock to boil, with a handful of spinach, three or four sprigs of parsley, a dozen mint-leaves, and, if possible, a few small, green, fresh onions. Boil for an hour, and then rub the whole through a wire sieve. (See No. 21.) The shells are very troublesome, but with patience a great deal can be got through. Pour back the soup and pulp into the saucepan, let it boil, throw in the peas, and boil till tender. Thicken the soup with a little white thickening, if not sufficiently thick already. Season with pepper and salt, and a teaspoonful of extract of meat can be added if the soup is wished good. Serve the peas whole in the soup. Some boil the peas with the shells, and send all through the sieve.

Peas, Green, Fresh.—Have the peas as fresh picked as possible. Throw them into boiling water, slightly salted, and boil three or four fresh leaves of mint with them. (See No. 9.) Serve directly they are done, and very hot. Time for young peas, about twenty minutes.

Peas, Green, Tinned.—Open the tin, and warm

the contents up in a small stewpan, with four or five fresh mint-leaves. Add half a saltspoonful of salt and half a saltspoonful of powdered sugar. Serve the peas as soon as they are *hot*; they are already cooked. Of course the liquor must be strained off.

Peas Pudding.—Take a quart of split peas. Soak them over-night in some cold water. Those that float are bad, and should be thrown away. Tie the peas up in a cloth, leaving room for them to swell. Boil till tender—about two hours or more. Take them out; rub them through a colander; or, better still, a wire sieve (see No. 21); mix in a couple of ounces of butter or dripping, and add some pepper and salt. Stir it well up. Flour the cloth, and tie it up again, and boil it for half an hour or an hour longer; then turn it out, shape it as liked, and serve it with boiled pork, boiled bacon, boiled beef, &c. To make the peas pudding richer, one or two eggs can be added to it after it has been sent through the colander or sieve. The remains of cold potatoes can also be mashed up with it.

Perch.—Perch is a very common fresh-water fish. It is very nice boiled as follows:—Take two or three perch, clean them and fillet them—that is, cut them into four pieces, raw, and remove the bones. Put the bones on to stew, with a few roots of parsley, and the outside trimmings of celery and carrot. Make a fish stock thus, then strain it off, and boil the fillets of perch in it, and serve in the liquor. Brown bread and butter should be served with “water Souchet of perch.”

Perch can be grilled, or fried, or baked. In any case, a little French wine is a great improvement to the sauce. Perch can be baked, and basted with a little butter and a spoonful of wine, then some bread raspings shaken over them, the butter, wine, and juice, &c., thickened, and poured round, as a gravy. (See FISH, FRESH WATER.)

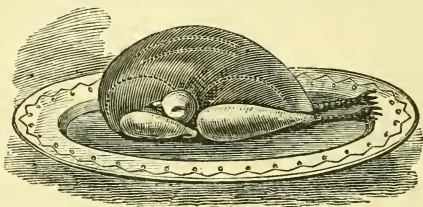
Persons who live in the country, where perch are plentiful, would do well to have in store a bottle of "*Graves*," or any kind of white or red Bordeaux wine. A 1s. 6d. bottle would last a long time, as a tablespoonful is sufficient to flavour the sauce for three or four fish. As perch generally cost nothing beyond the pleasure of catching them, this would not be any great expense. A tablespoonful of wine may be added to the stock for the "*Souchet*."

Pheasant, Potted. (See POTTED MEATS.)

Pheasant, Roast.—A pheasant should be kept and hung for some time before roasting; a fresh pheasant is flavourless. On the other hand, it should not be high, but just getting so. Pluck, draw, and truss the bird, and roast (see No. 3) before a clear fire, basting with a little butter. Time to roast, about forty-five minutes; to roast in an oven, rather less, for an ordinary-sized bird. Keep some of the long feathers to stick in the tail after placing it on a dish. Serve bread sauce (see BREAD SAUCE) and good brown gravy with it.

Pheasant, Roast, To Carve.—Fix the fork in the centre of the breast, and cut slices off evenly on either side. Should there be more persons to partake of the roast pheasant than these slices will

satisfy, disengage the legs and wings in the same manner as is done when carving boiled fowl. In taking off the wings, be careful not to cut too near the neck; if you do, you will hit upon the



ROAST PHEASANT.

neckbone, from which the wing must be separated. Cut off the merrythought by passing the knife under it towards the neck. Cut the other parts as in a fowl. The breast, wings, and merrythought of a pheasant are the most highly prized; but the leg has a superior flavour.

Pheasant, Salmi of.—Proceed in every respect as making a salmi of partridge. (See PARTRIDGE, SALMI OF.)

Pheasant, Trussed.—The pheasant may be trussed either with or without the head. If without, care must be taken to leave sufficient skin on the neck to skewer back; if the head, however, is left on, it must be brought round *under* the wing, and fixed on the point of a skewer, with the bill laid straight along the breast. In this case, the crop must be removed through a slit made for the purpose in the back of the neck. Draw the bird,

bring the thigh close under the wing, pass a skewer through the pinion, the body, and the leg, and skewer and tie the legs firmly down.

Pickle Sauce, Hot.—Take a teaspoonful of ordinary hot pickle, generally known as piccalilli. Cut up the pickle small, and mix it with a couple of tablespoonfuls of rather thick brown gravy (some of the yellow sauce of the piccalilli should be added as well), make hot, and serve with grilled salmon, mutton cutlets, and pork chops, &c.

If the gravy is not thick, add a little brown thickening. If liked very hot, a little cayenne can be added, or one or two chilies may be cut up and mixed with the sauce.

Pie, Fruit.—All fruit pies are made on the same principle. The fruit is placed in the pie-dish with, as a rule, about three tablespoonfuls of brown sugar to every quart of fruit. A little water, about a wineglassful, should be placed at the bottom of the dish. A cup is placed upside down in the centre of the pie-dish, to keep up the crust. Some fruit can be placed under the cup.

The more fruit that can be got into the pie at starting the better, as when the fruit stews it shrinks considerably.

Then cover the pie with either common paste, or puff paste (see PASTE), following the directions for Pie, Meat, Ordinary, in every respect; and bake from half an hour to an hour, according to size of the pie.

Apples should be peeled, cut into quarters, and the cores removed; also some cloves, one to each apple, and one or two strips of lemon-peel added.

Currants should be strung, and bad or withered ones removed.

Stone fruit, such as plums, greengages, cherries, should be put in whole.

Ripe gooseberries require rather more sugar than green ones.

Milk, cream, or custard can be served with all fruit tarts, as well as brown sugar.

Some white powdered sugar should be sprinkled over the pie. The pie-crust can be brushed over with white of egg beaten up, and the sugar sprinkled before baking, but after it is baked is sufficient for ordinary purposes.

Pie, Lark.—Proceed as in making a pigeon pie. Allow four larks for every pigeon ; add spices as for game pie.

Pie, Meat, Ordinary, Good.—Cut some ordinary beef-steak, fillet-steak, or rump-steak into pieces about an inch thick, an inch wide, and three inches long. Take a frying-pan, and place in it a small piece of fat or butter. Make this *very hot*, and quickly brown the outside of these pieces of meat without cooking them. In order to do this, you must get the frying-pan very hot indeed, and only have very little fat or butter in it. Each piece of meat should be brown outside in a few seconds, while it is blue in the middle. Place these pieces of meat in a pie-dish. Have ready a little No. 3 Stock, and pour into the frying-pan about sufficient to make enough gravy to cover the meat in the pie. After frying the meat, some dried-up gravy will be left in the frying-pan, very much like extract of meat, which should not be wasted ; therefore stir

up the stock in the frying-pan, scraping it with a spoon. Pour this gravy over the meat in the pie-dish. Add, for an ordinary-sized pie-dish, that will take a couple of pounds of steak, a piece of onion, chopped fine, the size of the top of thumb down to the end of the nail, a teaspoonful of salt, and another teaspoonful of black pepper (a meat pie requires a great deal of pepper), also about a teaspoonful of chopped parsley. Cover with an ordinary or puff paste, and bake in the oven for about an hour and a half.

N.B.—In covering with paste (see PASTE) act as follows:—Roll out a thin strip of paste, an eighth of an inch in thickness, and cover the rim of the pie-dish from the outside edge to about a quarter of an inch down the dish, greasing the dish with a little butter where the strip will go. Moisten the surface of this rim with a little water. Next, cover the pie over with some paste, rolled out about a quarter of an inch thick, piling up the meat in the centre to support the crust. Press the crust round gently on to the other rim, and then cut round with a knife outside the edge, keeping the knife perfectly upright or perpendicular as you cut, thus trimming the two pieces of paste neatly together. Next, crimp the edge with an ordinary fork, using the tips of the fork—about a quarter of an inch of them—for the purpose; but, in doing this, do not push away the paste from the edge of the dish. Make an opening in the top of the paste—*i.e.*, the top of the pie—with a knife, so that the steam can escape in baking. The paste can be glazed with a yolk of egg. (See GLAZE.)

Every kind of ordinary meat-pie is made on the

above principle. The pie can be improved as follows:—One or two sheep's kidneys can be added, after being cut into quarters, and browned with the meat. One or two eggs may be boiled hard, cut into slices, and added to the pie. A few oysters, with their liquor, are a very great improvement; so are a few mushrooms.

If you do not brown the meat, but put it in raw, the pie will have a "boiled meat" look about it. If it has not, it will probably be because you had not sufficient gravy, and the meat has been baked dry and black in the dish, because it was not covered over.

Water can, of course, be added instead of stock, but the gravy will not be so good.

If you want a meat-pie cold for lunch, or for a picnic, dissolve sufficient gelatine in the gravy to ensure its being a jelly when cold. (See JELLY.) Also fill the pie quite full, after it has cooked, through the opening in the top, with gravy just on the point of setting.

Pie, Pigeon or Game.—Proceed exactly as in making an ordinary meat pie. Cut the pigeons into halves, and allow one pigeon to every pound of steak. Pack the steak round the pigeon, and also allow one hard-boiled egg to each pigeon. A few slices of raw ham or bacon, cut thin, are an improvement. This should be placed on the top next the crust.

In making a game pie from the remains of pheasant, grouse, ptarmigan, partridge, hare, &c., mixed with steak, proceed exactly as in making ordinary pigeon pie, mixing the game with the steak.

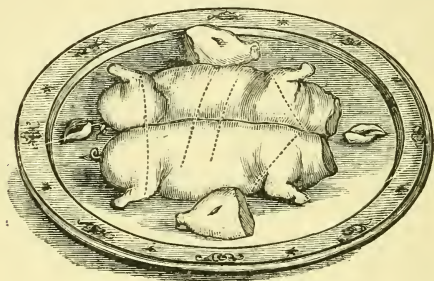
In addition, however, to the teaspoonful of black pepper, add a saltspoonful of spices, obtained as for liver forcemeat. (See LIVER FORCEMEAT.)

Pie, Veal and Ham.—As this pie should look white when cut, the veal is not browned. Allow about a quarter of a pound of ham or bacon to every pound of veal. Lay the veal, cut into pieces the same size as steak for an ordinary pie, at the bottom of the pie-dish, cover with a layer of bacon and ham, cut thin, then a layer of veal and another of bacon, and thus fill the dish. Add a teaspoonful of chopped parsley, mixed with half a one of mixed sweet herbs. Add a teaspoonful of salt and another of black pepper, and a piece of chopped onion as in an ordinary pie. Let the top layer be fat ham or bacon. Cover the meat with Stock No. 3 (see No. 10), and cover the pie with paste. (See PASTE and PIE, MEAT, ORDINARY.) Bake in the oven for an hour and an half. A very little nutmeg, and one or two thin slices of lemon-peel, not bigger or thicker than the little finger nail, can be added to the pie. A few hard-boiled eggs and one or two mushrooms are a great improvement. Veal and ham pie requires a great deal of gravy, and it is always best to have a little stock ready to pour in after it is baked, to fill it up. Pour in the gravy hot, at starting.

A little veal stuffing can be added to a veal and ham pie, especially if the pie is to be eaten cold, when it is a great improvement. This pie hot is somewhat rich.

Pig, Sucking.—Sucking pigs are in season all the year round, though they are to be preferred in

cold weather, and are at their best from the middle of November to the end of December. To be eaten in perfection they should not be more than three or



SUCKLING PIG.

four weeks old, and should be cooked as soon as possible after they are killed, as they deteriorate in quality every hour that they are kept.

Pig, Sucking, Roast.—Wipe the pig thoroughly, stuff it with a very mild sage-and-onion stuffing, and sew up the slit securely with soft cotton. Truss it like a hare, with the fore-legs skewered back and the hind-legs drawn forward. Rub it over with clarified butter, or fresh salad oil, and put it down, not too near, before a clear brisk fire. Baste constantly, or the crackling will be blistered and burnt, instead of crisp and brown. As the middle part requires less roasting than the ends, it is usual, when the pig is half done, to hang a flat iron from the spit in such a position that it will shade the heat of the fire from the middle. It

is well to tie some butter in a piece of muslin, and rub the pig over with this two or three times whilst it is roasting. When it is done enough, cut off the head before the pig is taken from the fire, take out the brains, and chop them up quickly with the gravy which has dropped from the pig, and add a cupful more, together with a little cayenne, lemon-juice, and grated nutmeg. To dish it, cut the pig open, and lay the sides back to back, lengthwise, upon the dish, with one half of the head at each end and the ears at the sides. If preferred, the brains may be stirred into melted butter instead of gravy. Rich brown gravy, apple, and the old-fashioned currant sauce, are all served with sucking-pig. Time to roast, according to size; a three weeks' old pig, two hours. Probable cost, 6s. to 12s. Sufficient, a three weeks' old pig for eight or nine persons.

A sucking-pig is often, when rather large, sent to the bakery to be baked in a large oven,

Pig's Brains.—Pig's brains are generally served with the pig's tongue, like calf's brains and tongue. When a pig's head is used for soup and the tongue cut up and put in the soup, the brains will make a few small scollops, by boiling, cutting into small pieces and placing them in small escallop shells with pepper and salt, chopped parsley, small pieces of butter, and a little powdered sage; covering them with bread crumbs and raspings, and baking them in the oven.

Pig's Feet.—Pig's feet are best stewed till quite tender. The liquor in which they stewed can then be thickened with butter and flour or egg.

Chopped parsley should be added, as well as a little pepper and salt.

When stewed down with very little liquor they can be taken out, salted, peppered, and the liquor in which they were stewed poured over them just before it becomes a jelly, so as to mask the feet. Shake some bread raspings over them, and serve cold with parsley.

The feet of sucking-pigs can be stewed till quite tender and fried in batter (see **BATTER**, and No. 6).

Pig's-feet Soup.—Proceed exactly as in making ox-foot soup.

Pig's Fry.—A pig's fry should be very fresh, and the sweetbreads are the best part, but are not always easily obtained. Proceed exactly as in lamb's fry (see **LAMB'S FRY**), or place the pig's fry in a pie-dish with a layer of potatoes, peeled and cut in slices; add a dessertspoonful of chopped onion, half that quantity of sage, and plenty of pepper and a little salt; fill the dish three parts full with water or stock, cover it over with the fat skin sold with it, and bake in the oven. When the potatoes are tender, the pig's fry will be done.

Pig's Head, Boiled.—The head is generally pickled. Soak in fresh water over-night. Boil the head, and serve peas pudding and boiled cabbage with it. The liquor will make pea-soup if not too salt.

Pig's Head, Baked.—For this, the head should be fresh; remove the brains, bake the head in the oven with some sage-and-onion stuffing, serve with a little gravy. Time to bake, one hour and a half. This is a very rich dish. It is far more economical

to make the head into soup. Serve plenty of boiled potatoes with baked pig's head.

Pig's Head Soup. (See MOCK TURTLE.)

Pig's Kidneys. (See KIDNEYS.)

Pig's Liver. (See LIVER.)

Pigeon, Grilled.—Split the pigeon open in half, cutting it clean through the breast and back. Grill over a clear fire, occasionally moistening the halves with a little butter. Pepper and salt the bird while cooking. If wanted devilled, sprinkle it plentifully, while cooking, with a mixture composed of equal parts of cayenne, black pepper, and salt. Time to grill, from five to ten minutes.

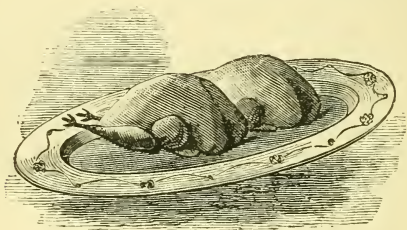
Pigeon Pie. (See PIE, PIGEON.)

Pigeons, Roast.—Roast Pigeons require a brisk fire or oven. Roast in the ordinary way (see No. 3 or No. 4), baste as often as possible. Serve with a little gravy, or plain with salad and watercresses. Time to roast, from fifteen to thirty minutes, according to size.

Pigeons, Stewed.—Cut each pigeon into four pieces and brown them in a frying-pan. Stew the pieces gently in a little Stock No. 3 (see No. 10), with some small button onions also browned in a frying-pan. Thicken the stock with a little brown thickening, removing the pieces of pigeon first, and warming them up in the gravy afterwards. Seasoning, pepper and salt. A mushroom stewed with them is a great improvement. Be careful to remove the grease.

Pigeons, Trussed.—Pigeons need to be very

carefully plucked and cleaned, and they should, if possible, be drawn as soon as they are killed. They are very good roasted with a slice of bacon over the breast, and a vine-leaf under the bacon. To truss for roasting :—Cut off the head and neck, cut off the



PIGEONS TRUSSED.

toes at the first joint. Truss the wings over the back, and pass a skewer through the wings and body. The gizzard may be cleaned and put under one of the wings. To truss for stewing, if stewed whole :—Cut off the legs at the first joint, put the legs into the body, and skewer the pinions back.

Pike, Baked and Stuffed.—Scale and clean the fish thoroughly. Fill the paunch with some ordinary veal stuffing (see **VEAL STUFFING**), and sew up the fish. Bake in the oven ; baste with a little butter and its liquor as often as possible. When done, make this liquor into some sauce for the fish, by adding a little gravy, lemon-juice, cayenne pepper, half a glass of sherry, and a teaspoonful of anchovy sauce. A few bread raspings can be shaken over the fish. (See **FISH, FRESH WATER.**)

This is a dangerous fish to give to young children, on account of the sharpness of the bones.

Pike, or Jack.—This is a fresh-water fish (see FISH, FRESH-WATER), and should be cooked very fresh. It is very nice, when large, plain-boiled. For this purpose it should be scaled and cleaned soon after it is caught. Pour some boiling water on the fish, after which the scales can be easily scraped off with a knife. The fish should then be cut into slices about an inch thick, and immediately thrown into fresh water, and kept there till they are wanted for cooking. Boil for (see No. 1) about twenty minutes; and serve with parsley and butter, or Dutch sauce.

Pilchards.—These are not very commonly met with fresh, but are largely sold in tins. When fresh, cook them in every respect similar to herrings. When preserved in oil in tins, they can be eaten cold, like sardines, in which case a little lemon-juice and cayenne pepper should be served with them.

They also make a quick and not expensive curry, as follows:—Take a tin of pilchards; pour all the oil into a frying-pan. Add a dessertspoonful of curry-powder, and mix about a teaspoonful of corn-flour with a tablespoonful of water, and add that, and stir up the oil in the frying-pan, when it becomes a little thick; then warm up the pilchards in the frying-pan. Turn them on to a dish without breaking. Pour the thick curry sauce over them. This is a very good breakfast dish, and can be prepared in five minutes. A few bay-leaves, warmed up in the sauce, are an improvement.

Pine-apple Cup. (See CUPS.)

Pine-apple Fritters. (See FRITTERS.)

Pine-apple, Tinned.—Tinned pine-apples make excellent fritters (see FRITTERS); also, they make a very delicious sweet, by simply thickening the syrup with a little gelatine and making them into a jelly, letting the slices set in the jelly.

A tin, or part of one, can also be turned into the centre of a plain border of cold boiled rice, in which case ornament the border with a few preserved cherries and slices of green angelica. (See RICE BORDERS and No. 29.)

Pine-apple Water Ice. (See ICE WATER FRUIT.)

Pippins, Normandy. (See NORMANDY.)

Piquante Sauce.—The almost universal fault with sauce piquante is, that it is too acid. Take a dessertspoonful of chopped shalot, or Spanish onion, another of capers, and another of pickled gherkins. Place this in a frying-pan or saucepan with a tablespoonful of vinegar, and let it simmer gently till the vinegar has simmered away all but a few drops; then add a quarter of a pint of good gravy. If the gravy is not thick, add some brown thickening. (See No. 12.) Add a saltspoonful of salt. Skim the sauce, so as to get rid of any grease. A pinch of thyme and a powdered bay-leaf will be found an improvement. Unless the vinegar is allowed to evaporate *almost* entirely, this sauce will be too acid.

This is a nice appetising sauce with mutton cutlets.

Plaice.—This is a cheap fish, very plentiful as a rule; but avoid getting one that is watery and

flabby: the firmer they are the better. Plaice can be plain-boiled (see No. 1), and served with butter sauce (see BUTTER SAUCE), anchovy sauce (see ANCHOVY), or shrimp sauce (see SHRIMP.)

Perhaps the nicest way to cook plaice is to cut it in slices and fry it in batter. (See BATTER; also No. 6.) Serve some fried parsley with it. The bones should be removed to make fish sauce. (See FISH SAUCE.)

Plovers, Roast.—Pluck the plovers, but do not draw them. Place each each bird on a slice of toast, and cook in a Dutch oven, or in an ordinary oven. Baste plentifully with butter, and serve each bird on the toast. Should any of the inside have run out, spread it over the toast. Time, about fifteen minutes. They require a brisk oven or fire. They should look red inside, not blue, when cut, and a rich brown outside.

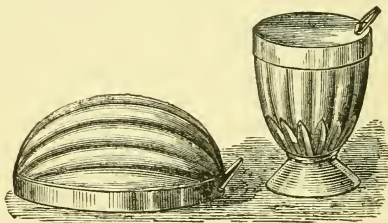
Gravy is not necessary with plovers. They require, however, plenty of butter, which will be sucked up by the toast. A little cut lemon and cayenne can be served with them.

Plum Jam. (See JAM.)

Plum Pudding.—There is almost an infinite variety of receipts for plum puddings, but a very good general idea can be gathered from the following receipt; and the variations necessary to raise its level to a Christmas pudding on the one hand, or to bring it down till it is suitable for a boys' school on the other, can be pointed out afterwards.

Take half a pound of flour, a quarter of a pound of suet, a quarter of a pound of raisins, a quarter of a pound of currants, one egg, a tablespoonful of

sugar, one-third of a nutmeg grated, half an ounce of chopped candied-peel, a pinch of salt, a dessert-spoonful of treacle, and a little milk or water. A teaspoonful of baking powder will help to make the pudding lighter. First, stone the raisins, and pick the currants free from stalks, &c. Chop the suet and the candied-peel very fine. (See No. 16.) Mix all the *dry* ingredients in a basin. Next, dissolve the treacle in a little milk or water. Break the egg into a cup, first beat it up, add it to the dry pudding,



PUDDING MOULDS.

and moisten with the treacly milk or water, till you can almost pour the mixture. Next, take a pudding-cloth, flour it thoroughly, tie the pudding up tight, leaving room for it to swell. Boil for three hours. (See No. 24.) Turn it out on to a dish, and serve with sweet sauce. (See SWEET SAUCE.)

To render this pudding more rich, the quantity of the fruit (especially the raisins, which should be in excess of the currants) can be increased, also two or three eggs can be used instead of one. In this case the treacle will not be necessary, as the fruit helps to make the pudding dark.

To render this pudding less rich, omit the egg

and decrease the quantity of fruit. Plum puddings can be varied in flavour by the addition of chopped lemon-peel, chopped apples, spices of various kinds, pounded almonds. When required very rich, bread crumbs can be substituted for flour, and brandy added. Plum puddings can be boiled in a mould or basin, but are always best when boiled in a cloth, and room allowed for their swelling.

Plum Pudding, Christmas, Rich.—Take a pound of muscatel raisins, half a pound of currants, a quarter of a pound of Sultana raisins, half a pound of mixed candied-peel, half a nutmeg, grated, three quarters of a pound of bread crumbs, three quarters of a pound of suet, eight eggs, a quarter of an ounce of pounded bitter almonds, one tablespoonful of flour, one tablespoonful of moist sugar, a quarter of a pint of brandy, and a pinch of salt.

Stone the raisins, and see that the currants have been thoroughly washed and dried. Break the eggs one by one, and be very careful that not one is stale, or anything approaching to stale; then beat them all thoroughly together till they froth. Mix the dry ingredients very thoroughly; see that the bread crumbs are dry, adding the pounded almonds especially little by little, and being very careful to see they get thoroughly mixed in. Then add the beaten eggs and the brandy. Get a new pudding-cloth, scald it several times, butter the cloth, then flour it, tie up the pudding tight, but leaving room for it to swell, and let it boil for eight hours. Put a saucer underneath the pudding to prevent its sticking to the saucepan. See the water is boiling when you plunge in the pudding.

This pudding is generally best boiled the day before. Then two hours will be sufficient to warm it up. A Christmas pudding can be hung up in its cloth to keep ; it will keep good for a year.

When the pudding is served, some brandy should be heated in a spoon till it lights, and this should be poured round the pudding, a little more brandy being poured in after it burns up. It is usual to stick a piece of holly with a few bright red berries in the top of the pudding.

Plum Pudding, Christmas, To warm up.—Never warm up a good plum pudding in the oven. This spoils it. Place the remains of the pudding in a basin, and put this in a saucepan, quite free from water ; and steam it till it is hot through. Light a little fresh brandy, and it will be as good as on the first day.

Plum Pudding, Fresh Fruit. (See PUDDING, FRUIT.)

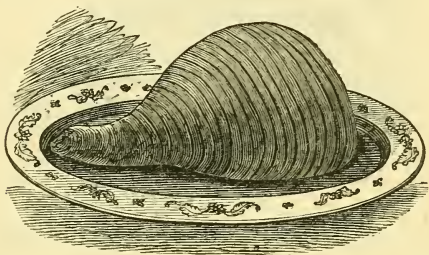
Plum Tart, Fresh. (See PIE, FRUIT.)

Pork Chops.—Pork chops are best grilled (see No. 5), but can be cooked in a frying-pan. The best chops are those that have a slice of the kidney in the undercut. Pork chops must be thoroughly done, and they require nearly double the time of mutton chops.

Pork, Leg of, Boiled.—If the pork is salted, wash and soak the leg in fresh water for an hour. Place the leg in cold water, with a couple of onions, a carrot and a turnip, and some trimmings of celery. Boil (see No. 1), allowing about twenty minutes to a pound. Serve with peas pudding. (See PEAS PUDDING.)

The liquor in which the pork was boiled will, if not too salt, with the vegetables make excellent pea soup. These vegetables must be rubbed through a wire sieve with the peas. (See PEA SOUP.)

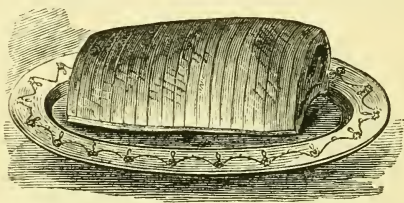
Pork, Leg of, Roasted.—A leg of pork of eight pounds will require about three hours. Score the skin across in narrow strips—some score it in



LEG OF PORK.

diamonds—about a quarter of an inch apart. Stuff the knuckle with sage-and-onion stuffing (see SAGE-and-ONION), lifting the skin by the knuckle with a knife, placing the stuffing underneath, and tying it up with a string. Do not put the meat too near the fire; rub a little sweet oil on the skin with a paste-brush or a goose feather; this makes the crackling crisper and browner than basting it with dripping, and it will be a better colour than all the art of cookery can make it in any other way. And this is the best way to prevent the skin from blistering, which is principally occasioned by its being placed too near the fire.

Pork, Loin of (à la Française).—Take a piece of the loin, neck, or spare-rib of pork ; score the skin neatly in lines about a quarter of an inch apart, and rub it over with salad oil. Put it into a deep baking-dish with eighteen or twenty apples pared, cored, and quartered, as many potatoes peeled and divided, and nine or ten moderate-sized onions.



LOIN OF PORK.

Put the dish in a well-heated oven, and when the meat and vegetables are done enough, serve them on a hot dish, the meat being placed in the centre, and the apples, onions, and potatoes, arranged round it. Time to bake a joint weighing about four pounds, two hours. Probable cost, $9\frac{1}{2}$ d. to $10\frac{1}{2}$ d. per pound. Sufficient for six or seven persons.

Pork, Pickled.—Whenever you boil pickled pork (see No. 1), add what vegetables you can spare, such as onion, trimmings of celery, carrot, turnip, and boil with it. This improves the flavour of the meat, and the vegetables can afterwards be used in making soup. Pickled pork is very nice cold ; a little mustard and vinegar are an improvement to it.

Pork Sausages.—Take one pound of lean pork,

half a pound of fat, one teaspoonful of salt, one teaspoonful of pepper, half a teaspoonful of dried marjoram, one-third of a small nutmeg, one-sixth of the rind of a lemon, four good-sized sage-leaves. Mix all the ingredients thoroughly together, being very careful to chop the lemon-peel and sage-leaves very fine.

If a sausage machine is used, the mixture should be sent through twice.

Roll the sausage meat into small balls ; this quantity would make sixteen. Fry in a frying-pan, and serve each ball on a small square piece of toast, dipped in the fat in the frying-pan. Suitable for breakfast.

If sausages are liked highly seasoned, increase the quantity of sage and marjoram.

Pork Sausages, to Cook.—Pork sausages should be cooked slowly in a frying-pan. When they are bought they are generally in skins : these skins should be pricked with a fork in several places. Bought sausages are generally mixed with a quantity of bread crumbs. This is the cause of sausages bursting.

Porridge, Oatmeal.—Oatmeal porridge is a leading article of food with the Scottish peasantry. It is generally accompanied with milk, when milk is to be had ; when milk is very scarce butter is sometimes used, sometimes sugar, and sometimes treacle or beer. “ For most persons in a sound condition of health,” says a north-country writer, “ there is no more wholesome article of food than porridge and milk, none that contains a larger proportion both of flesh-forming and heat-producing substances ; whilst

to almost all who have ever been accustomed to its use, it is extremely palatable. Generally speaking, there is no better article of food for the nursery, none more likely to maintain a healthy condition of the stomach, or to give vigour to the frame; although there are exceptional cases, both amongst the young and amongst adults, in which the use of porridge is unsuitable, producing painful distension of the stomach and indigestion. Whilst the caprices of children ought not to be heeded in such a matter, the actual condition of their constitutions ought to be carefully observed and regarded. Porridge is in general made by simply boiling oatmeal in water, stirring all the time to prevent it sticking and burning, and to secure the thorough mixture of the meal and water into a homogeneous mass without *knots*. The quality of porridge very much depends on the amount of boiling which it receives. It cannot be too thoroughly boiled. Imperfectly-boiled oatmeal porridge is a very coarse article of food; and unfortunately much of the porridge used by the poorer classes in Scotland and elsewhere is of this character, and the porridge prepared for the nursery is often no better, through the carelessness of servants who wish to get through their work with as little trouble as possible. It is not nearly so digestible, and, therefore, not so nutritious, as porridge really well made. A common mistake in the making of porridge must also here be noticed as tending much to the deterioration of its quality—the adding of meal by degrees, whilst the boiling goes on, until the proper thickness is acquired, the result being that part of the meal is imperfectly boiled. The

cook ought to know the proper proportions of meal and water—knowledge not very difficult to acquire—and mix them at once, so that all the meal may be equally well boiled. But it is to be observed that the water must be boiling before the meal is put in, which is not to be introduced in a mass, but, as it were, strained through the fingers handful by handful as quickly as possible.

The porridge boiled with water should be served in a soup plate. It should be like a thick pudding. Cold milk should be served with it in a jug.

Port Wine Jelly. (See JELLY).

Potato Pie.—Potato pie is generally made from the remains of cold meat and potatoes, baked in the oven. (See MUTTON PIE.) Sometimes the pie is covered with a paste, sometimes the top layer is potatoes. Thin slices of onion mixed with the potatoes are a great improvement. The potatoes, as much as possible, should be kept moist with fat. In breaking up the cold meat bone to make stock for gravy for the pie (see No. 10) take care of whatever marrow there is, and add it to the potatoes. Small pieces of suet or dripping can also be placed on the top of the potatoes.

One nice way of using up the remains of paste when there is not enough to cover the pie is to line the edges of the pie-dish only, and pile up the potatoes in the middle. Never let any meat be at the top. There should always be enough stock to keep the meat moist.

The potatoes can soak up the grease and get browned. Chopped parsley may be added to the pie as well as ketchup. Add plenty of black pepper.

Potato Salad.—Slice up some cold potatoes—new potatoes make the best salad—into slices about a quarter of an inch thick. Rub a salad bowl with a bead of garlic or a slice of onion. Sprinkle some chopped parsley over the cold potatoes, and dress them like an ordinary salad, being careful not to add any vinegar till they are well mixed in the oil. Mix one saltspoonful of salt and one of pepper in a tablespoon with some oil, and pour it over the potatoes, and toss them lightly together. Add another tablespoonful of oil and mix thoroughly; last of all, add one dessertspoonful of vinegar.

Slice up, small, a few gherkins out of a bottle of pickle, and add to the salad. A few fresh mint-leaves, or fresh tarragon leaves chopped fine, are an improvement. Other cold boiled vegetables can be added.

Potato Soup.—Potato soup is best made from the remains of cold boiled potatoes. Boil the potatoes with one large onion in a quart of No. 3 stock (See No. 10), till the Stock is reduced to half a pint, then rub all through a wire sieve (see No. 21), and add to it a pint of milk, boiled separately. Boil a couple of bay-leaves in the milk.

Add to each quart a teaspoonful of chopped parsley, pepper, salt, and just a “suspicion” of nutmeg. Sufficient cold potatoes should be added to the soup to make it of the consistency of double cream. Serve fried bread (see No 7) with the soup.

Potatoes (a la Maitre d’Hotel).—Boil some potatoes (new ones are best), and, when done, cut them into slices, and serve them in a little white sauce, some chopped parsley, pepper and salt, and a little

lemon-juice. Proportions: one dozen small new kidney potatoes, three tablespoonfuls of white sauce, one teaspoonful of chopped parsley, the juice of a quarter of lemon, about a saltspoonful of mixed pepper and salt. (See MAITRE D'HOTEL.)

Potatoes, Baked.—When potatoes are baked in their jackets, they should be first well washed with a brush. Time to bake large ones, about two hours. Serve in their skins, with a little butter. When potatoes are baked, after being peeled and cut up, they require fat. Potatoes are thus often baked under a joint of meat. If baked in a tin, cut up with some dripping. They require turning occasionally.

Potatoes, Boiled and Steamed.—(See No. 9.) Recollect, old potatoes must be put into cold water, new potatoes into hot water. The potatoes should be as nearly the same size as possible. Large potatoes must boil rather longer and more slowly than small; consequently, if the potatoes be very large, as soon as the water boils, throw in a little cold to take it off the boil again. If potatoes are over-boiled, they get pappy. Consequently, there is a fear, in the case of large potatoes, of getting the outsides boiled too much before the centre is tender. The great art of boiling potatoes is to know directly they are done. Novices should try them with a fork. Directly they are tender, strain off the water, and put a dry cloth under the saucepan lid, leaving the lid half off. Give the saucepan a shake occasionally. Let them steam for about five minutes after being strained off.

New potatoes don't require more than drying

after boiling, when they should be placed in a vegetable-dish, with a little piece of butter, a few mint-leaves (which should be boiled with them), and a little chopped parsley. Sometimes new potatoes have some white sauce poured over them.

Potatoes, Fried.—Potatoes, raw and cooked, fry very easily if the fat is properly hot. (See No. 6.) Cut raw potatoes thin—not much thicker than a penny-piece. Potatoes that have been cooked before may be cut half an inch thick. As soon as the potatoes begin to turn colour, take them out of the fat, as they get darker afterwards by themselves. Drain them on a hot cloth or blotting-paper to get rid of the grease.

Potatoes, Mashed.—Mashed potatoes are generally made from the remains of boiled potatoes, or from potatoes that have boiled badly and got broken. Mash the potatoes with a fork, in a saucepan, with a little butter, till they are hot. Boil about a couple of tablespoonfuls of milk separately, and add, mixing them thoroughly with a fork, and mould into some shape.

A mould of mashed potatoes will brown in the oven.

Potatoes, Borders of.—Make some mashed potatoes; shape it into a border, leaving a hole in the middle for some hash or stew. A very simple round shape can be made by placing a jam-pot in a cake-tin, and filling in the ring. A very little ingenuity with a scooped carrot or turnip will give the mould a fluted appearance round the outside. Beat up the yolk of an egg and brush

the outside of the border, and bake it in the oven till it is of a nice colour; then fill the inside with some good hash or mince. The yolk of egg is not essential.

Potted Meats.—All kinds of meats can be potted, and one general principle holds good for all. Remove the meat from the bones of some cooked hare, pheasant, snipe, ptarmigan, chicken or fowl, goose, turkey, grouse, or any kind of bird, and stew the bones in a little stock No. 3 (see No. 10) till the stock becomes almost a glaze. Next, pound the flesh in a mortar, with half its quantity of cooked ham, and send this through a sausage-machine, or rub it all through a wire sieve—this latter being the best. Season this with nutmeg and cayenne pepper and salt. A little powdered bay-leaf may be added. The quantity of cayenne pepper and powdered nutmeg varies very much according to taste. If the potted meat is wanted to be kept a long time, a small teaspoonful of each may be added to every pound of potted meat, but add rather less cayenne than nutmeg. Next, moisten the mixture with a little of the half-glaze made from the bones, and add some clarified fresh butter, melted in sufficient quantity to make the whole moist. (All kinds of potted meat require a great deal of butter.) Press it down in jars, pour a little clarified butter over the top, and let it get thoroughly hot in the oven; or, still better, expose it to the action of hot steam. Then take out the jars, and let the potted meat get cold.

Too much spice and pepper spoil the flavour of

the meat. When, therefore, the potted meat is required for almost immediate use, add these sparingly. Red tongue can be mixed with fowl instead of ham, in which case a larger amount of butter must be used.

Ham can be potted by mixing one pound of lean ham with a quarter of a pound of fat ham. Butter will do instead of fat, but must in any case be added afterwards. If glaze of very strong stock is used to moisten this, it must form a *very* hard jelly when it is cold. A ham bone chopped up will make sufficient glaze if simmered a long time.

Lobster is best potted as follows:—Cut up all the meat of a lobster, coral and all, and put it in a stewpan with about one-third of the same quantity of clarified butter, and to every pound of flesh add four anchovies, filleted. (See ANCHOVY, To FILLET.) Let the saucepan be over the fire for about twenty minutes. Then pound the whole in a mortar with some powdered nutmeg, white pepper and cayenne. The quantity must vary according to the time the potted lobster is required to keep. Half a teaspoonful of each to a pound of flesh, more or less, as the case may be, will, as a rule, be sufficient. Then rub the whole through a wire sieve, press down in jars, make hot, and cover with clarified butter as before.

Shrimps and prawns are potted by pounding the heads and tails with some anchovies (four anchovies to a pound of meat) in a mortar with a little butter. Then rub all you can through a wire sieve, and add the picked shrimps or prawns whole, and some clarified butter. Season with nutmeg

and cayenne as before, press down in jars, cover with clarified butter, and keep in a cool place.

Bloaters can be potted by scalding half á dozen bloaters, skinning and boning them, and mixing the flesh with about eight ounces of clarified butter, and seasoning with nutmeg or cayenne. Make hot over the fire, pound all in a mortar, rub through a wire sieve, press down in jars, and cover with clarified butter.

Smoked haddock, kippered salmon, and smoked salmon can be potted in a similar manner.

It is of the utmost importance, in all the above directions, to have the butter perfectly pure—*i.e.*, it must *be* butter, and not fat. In the present day of the almost universal adulteration practised by buttermen, this constitutes a difficulty.

N.B.—When whole anchovies are recommended to be pounded, if these are not easily obtainable, a proportionate quantity of anchovy sauce can be added instead.

Poulet, à la Marengo.—Parboil a fowl, and cut it up into neat joints. Let these get cold, and use the bones of the carcase, *i.e.*, the back and ribs, to assist in making some very good rich brown gravy. (See GRAVY.) When the joints are cold, brown them in a frying-pan, in which a very little butter has been placed, but which is made *very* hot. Warm up these joints in the gravy, to which have been added some chopped mushrooms, or a small tin of mushrooms, a tablespoonful of tomato pulp (this is now sold in bottles), or a teaspoonful of good tomato sauce, and some pepper and salt.

Garnish the dish with fried croutons of bread and some fried eggs.

These fried eggs should be dropped into rather deep hot fat, and be fried brown all round. For this to be done, it is essential that the fat should be deep. A few stoned olives should be placed round the dish at the last moment. Little slices of calf's brain, quite white, in which a small piece of black truffle has been stuck, is of course an improvement.

Poulet à la Marengo should be served in a silver dish, four little crayfish placed at each corner, and one on the top. A dessertspoonful of sherry may be added to the sauce, which must be entirely free from grease.

The white brains with the black centre, the little brown balls (fried eggs), the fried croutons and the red crayfish, form a very pretty garnish.

The truffles and crayfish, as well as the calf's brains, are, of course, not absolutely essential.

Pound Cake. (See CAKE, POUND.)

Prawns, Potted. (See POTTED MEATS.)

Prunes, Stewed.—Let the prunes, after being washed, soak all night in cold water. Take them out, and let the liquid settle; then pour it off, and stew the prunes in this gently for an hour, adding a small piece of cinnamon, a small piece of lemon-peel, and sufficient sugar to make the juice a syrup. Add, when cold, a glass of port wine.

Ptarmigan. (See GROUSE, NORWEGIAN.)

Pudding, Christmas. (See PLUM PUDDING, CHRISTMAS.)

Pudding, Fruit.—A fruit pudding, like a meat one, can be either boiled in a basin or in a cloth without a basin. Proceed in every respect as for making a meat pudding. (See PUDDING, MEAT.) The paste may be rolled out a little thinner.

Of course, the only ingredients for the inside are fruit, sugar, and water. The proportions of these for nearly every kind of fruit is to every quart of strung currants, gooseberries, damsons, greengages, apples, peeled, cored and quartered, rhubarb cut into inch pieces, cherries, plums, raspberries, blackberries, &c., &c., &c., three tablespoonfuls of brown sugar and three tablespoonfuls of water.

Pudding, Meat.—A meat pudding is simply meat and gravy surrounded by a suet crust and boiled. Sometimes the meat pudding is boiled in a basin tied over with a cloth, and sometimes it is boiled in a cloth without a basin. In the latter case, the pudding crust will swell more, and, when cut, there will not appear to be quite enough meat for the crust. Still, for an “economical” childrens’ dinner, a meat pudding boiled in a cloth without the basin is preferable to one boiled in the basin.

We will suppose the contents of the pudding to be two pounds of beef-steak. Cut up into pieces about two inches long, an inch wide, and an inch thick (N.B.—A quarter of a pound of this steak should be fat), a teaspoonful of salt, a teaspoonful, or rather less, of black pepper, a teaspoonful of chopped onion and parsley—half of each—some stock No. 3 (see No. 10), or some water.

First, to boil in the basin :—

Make some suet paste for puddings of the rich-

ness required (see PASTE, SUET, FOR PUDDINGS); roll it out to about a quarter of an inch thick. Take a basin with a thick rim. Line this basin, after buttering it, with the rolled-out paste. Trim it round the edge with a floury knife, so that the edge of the paste rests on the edge of the basin fully, but without hanging over. Fill this well of paste in the basin with the meat, chopped onion and parsley, pepper and salt, and fill up with the stock or water. Roll out a piece of paste big enough to cover over, wetting the edge of the paste on the rim of the basin first to make it stick. When the cover of paste has been put on, cut round the outside of the basin, and trim off the spare paste with a floury knife, and pinch the two pieces of paste together with the fingers. That is, pinch together the top and the edge of the paste first put into the basin, so as to make the two join. Next, flour a cloth, and cover over the top of the basin. This flour will prevent the cloth sticking to the paste. Tie the cloth tight with a string round the rim of the basin, twisting the string round and round two or three times. Then bring up the cloth again, and tie it together so that the basin hangs. Boil the pudding in the basin, in plenty of boiling water, for three hours. When done, take out the pudding, untie the cloth, and take it off, and turn out the pudding on to a dish. The pudding is none the worse for breaking a little. If possible, add a little more boiling stock to the pudding in the dish.

To boil in a cloth without the basin. Take a pudding-cloth, flour it, and place it in a basin. Roll out the paste, and place it in the cloth in the

basin. Fill the paste in the cloth as before, then add the ingredients, and cover the pudding with a top, proceeding in every respect as if the cloth did not exist between the basin and the paste; then gather up the outside flaps of the cloth, flour them, bring them over the top, and tie them tight round with a string, still leaving room for the pudding to swell. Lift the pudding in the cloth lightly out of the basin, holding the cloth where it is tied together. Plunge it into a saucepan of *boiling* water, and let it boil for about three hours. When done, take it out, let it drain for a few minutes, then untie the cloth and turn out the pudding on to a dish, adding, if possible, a little more boiling stock No. 3. (N.B.—Put a saucer in the saucepan for the pudding to rest on; this will prevent its sticking and burning.)

Puddings, Meat, Various.—In the above pudding I recommended two pounds of beef-steak (a quarter of a pound of which should be fat), one teaspoonful of pepper, one of salt, and one of equal parts of chopped onion and parsley, also some stock No. 3. Of course, as the gravy of a meat pudding forms a most important part of it, the better the stock the better the pudding; still, a great deal of the goodness of the meat will add to the richness of the gravy in boiling. To the above may be added for better puddings one or two sheep's kidneys cut up, or some bullock's kidney, but sheep's are far better; also a dozen oysters, with their liquor, and one or two fresh mushrooms. Also larks or snipe, the former whole, the latter cut in halves. In this case, always try and add

half a saltspoonful of the mixed spices used in making liver force-meat (see LIVER FORCE-MEAT), also a little liver force-meat can be put inside each lark and each snipe.

Pudding, Plum. (See PLUM.)

Pudding, Suet. (See SUET.)

Puff Paste. (See PASTE, PUFF.)

Quails, Roast.—Quails are more plentiful now than formerly, being sent over in vast quantities, alive, from abroad. Pluck and draw the birds, and roast before a brisk fire or in a quick oven. Baste with butter, and serve on toast. Time: about fifteen minutes.

In drawing the birds, reserve the liver and trail, cook in a little butter, and pound them, and spread over the toast on which the birds are placed, adding a little pepper and salt.

The birds can be roasted without being drawn at all; in which case, take care that the toast catches whatever of the trail may fall.

Quince.—The quince is a hard fruit, possessing a very strong flavour. They are very likely to make their presence known in a house when kept raw: one quince in this respect being possessed of fifty-apple-power. One quince cut up and added to an apple pie is a great improvement, especially when cold.

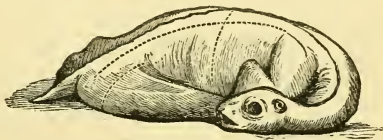
Rabbit, Baked and Roast.—The drawback to rabbit is, that the flesh, as a rule, is somewhat dry. In roasting or baking a rabbit, therefore, cover the rabbit, after it is skinned, drawn, and soaked in

cold water for an hour, with thin slices of bacon. This will keep the rabbit well basted, and also the bacon itself can be eaten with the rabbit afterwards. The bacon can be removed near the finish, and the rabbit browned. Make a little gravy in the dripping-pan (see No. 3), and serve with the rabbit. Put the bacon round it, and also serve some plain boiled potatoes with it. Time to roast or bake, from forty minutes to one hour, according to size.

N.B.—Roast rabbit can be stuffed with veal stuffing (see VEAL), sage-and-onion stuffing (see SAGE), or liver force-meat (see LIVER.)

Rabbit, Boiled.—Have the rabbit skinned, drawn, and soaked, as before, for an hour in cold water. Boil (see No. 1): for about half an hour for a young rabbit, up to one hour for a large one. Serve with onion sauce (see ONION SAUCE), or parsley-and-butter sauce. Rabbits are best boiled in a stock-pot. (See No. 10.)

Rabbit, Boiled, To Carve.—First, separate the legs and shoulders; then cut the back across into



RABBIT, BOILED, TO CARVE,

two parts. This may readily be accomplished by inserting the knife in the joint, and raising up the

back with the fork. As in the case of the hare, the back of the rabbit is best worth eating.

Rabbit, Curried.—Parboil the rabbit for about twenty minutes, in the stock-pot, if possible. (See No. 10.) Let it drain and get cold; then cut up the rabbit into joints. Flour these, and fry them of a light brown colour, in a frying-pan with a little fat or butter. (See No. 6.) Warm these joints up in some curry sauce. It is, however, more economical to cut the meat from the bones, and only curry the meat. (See CURRY SAUCE.)

The remains of roast or boiled rabbit will make curry by simply being warmed up in the curry sauce. It is generally best to cut the meat from the bones, warm up the meat only in the curry, and put the bones back to make stock. This can be done whether the curry is made from a whole rabbit, or merely from the remains of one that has been served previously.

Rabbit Pie.—The rabbit should be parboiled, and cut up into joints, and placed in a pie-dish, with sufficient stock or water to cover it; the water in which it was boiled would do. Place thin slices of bacon in with the rabbit, a few scraps of cold veal, a little chopped parsley and onion, season with salt and pepper, cover with a paste and bake. (See PIE, MEAT.) This is an ordinary, quick, and common way of making rabbit pie. A far better way, so that it can be eaten cold like game pie, is as follows :—

Rabbit Pie, Cold, as Game Pie.—Take an ordinary-sized rabbit, parboil it for twenty minutes,

cut the meat from the bones and let the bones help to make a stock No. 3 (see No. 10) which will be a jelly when cold. Take half a pound of calf's liver and half a pound of bacon, and make some liver force-meat (see LIVER FORCE-MEAT), only seasoned with double the quantity of the mixed herbs and spices there given. Cut up half a pound of rather lean ham or bacon into small pieces, and place the flesh of the rabbit, the liver force-meat, and the bacon, in a pie-dish. Press the meat slightly together and nearly fill the dish, Pour in the stock, which must make a jelly when cold. Cover the pie with puff-paste. (See PASTE, PUFF.) Bake in the oven for nearly an hour. When baked pour in gradually through the hole in the top some more stock, so as to fill the pie up to the crust with gravy. This can be poured in when the gravy is nearly set. Serve cold. The stock must be rather highly flavoured with onion, or, still better, garlic and black pepper. This is very like good game pie.

Rabbit Soup. (See MULLIGATAWNY.)—A white soup can be made from rabbit by rubbing the white meat through a wire sieve after boiling the rabbit in stock, reducing this (see No. 26) by boiling, and adding some boiling milk. (See WHITE SOUP.)

Rabbits, Choosing of.—When purchasing a rabbit, see that the animal is fresh and young. If fresh the body will be stiff, the flesh white and dry in appearance, and of a sweet smell. If stale the flesh would be slimy and blue, with a tainted odour. If young the claws and the coat will be smooth, the nose sharp-pointed, and the ears

tender and easily torn; if old the wool will be mixed with grey hairs, and the claws long and rough. Rabbits ought not to be kept more than a day or two after they are killed. In order to distinguish wild rabbits from tame ones, examine the paws and the tail. Wild rabbits have hair on their paws, and the under part of the tail is of a reddish colour.

Rabbits, Trussing of.—To truss a rabbit for boiling:—Draw the fore-legs backwards, and the hind-legs forwards, bring the head round to the side, and fasten it there with a skewer run through it and the body. To truss a rabbit for roasting:—Skewer the head firmly between the shoulders. Draw the legs close to the body, and pass a skewer through them.

Raspberries, Iced, for Dessert.—Raspberries can be iced like currants for dessert, but are liable to break (see CURRANTS FOR DESSERT), especially if, as they should be, they are very ripe. They take a very long time to dry. A little weak gum is better than whipped-up white of egg.

Raspberry Ice. (See ICE, FROM FRUIT.)

Raspberry Jam. (See JAM.)

Raspberry Pudding. (See PUDDING, FRUIT.)

Raspberry Tart. (See PIE, FRUIT.)

Raspberry Water Ice. (See ICE WATER FRUIT.)

Ray.—This fish, which is in season during the winter months, is very similar to skate, and should be treated like skate in every respect.

Red Mullet. (See MULLET.)

Rhubarb Fool.—Stew the rhubarb till tender with a very little water. Sometimes the rhubarb requires peeling. Sweeten the rhubarb with some moist sugar, rub it through a wire sieve, and mix with about half a pint of milk, boiled separately, in which a dessertspoonful of Swiss milk has been dissolved. Proportions: three parts pulp to one part milk. A yolk of an egg can be beaten up in the milk after it has boiled, but the egg must not boil.

Custard can be used instead of milk, in which case rather more custard will be required than milk.

Rhubarb Jam. (See JAM.)

Rhubarb Pie. (See PIE, FRUIT.)

Rhubarb Pudding. (See PUDDING, FRUIT.)

Rhubarb, Stewed.—Stew the rhubarb in a very little water, only sufficient to moisten the bottom of the stewpan; when tender, sweeten with moist sugar. Rhubarb can be stewed by placing it cut up in a jar with some sugar, and placing the jar in the oven. A little cochineal will improve the colour.

Rice and Onion.—Cut up an onion and fry it a nice brown without burning it. Put the fried onion in a saucepan with half a pound of rice, and add some No. 3 Stock (see No. 10) or water, and let the rice cook gently, and let it soak up the stock, taking care the rice does not burn. Season with a little nutmeg and pepper, and serve with grated cheese. Parmesan is the best, but any pieces of stale cheese-rind can be turned to account. When this mixture is coloured yellow with saffron, and served with the rice what we

should call half-cooked—*i.e.*, hard in the middle—it forms the popular Italian dish known as Risotto à la Milanaise. It is quite possible that in this half-cooked form there may be more stay in it. It is generally served at the commencement of dinner. It is a very economical dish.

Rice boiled for Curry.—Throw the washed rice into boiling water, and let it boil till it is nearly tender, strain it into a sieve, and wash it with plenty of cold water, separating the grains as much as possible. Put the rice back into a buttered saucepan, put the saucepan on to a warm place by the side of the fire, and let the rice get gradually hot again, swell, and dry, This is the way some Indian curry cooks boil their rice on board ship.

Rice, Borders of.—Plain boiled rice makes an excellent border for stews, or any good hash, or rich mince—such as minced chicken—as well as for fruit. The rice border can be very much improved in appearance by pounding the soft boiled rice into a paste, mixing in some eggs, and shaping it either with a mould (a circular cake tin does very well for the purpose), or with the hands, into some ornamental shape, and then baking in an oven. Remember, however, if the rice is intended for meat, to boil the rice in stock. If the rice is intended for sweets, boil the rice in milk.

A very good method of shaping the rice is to get a strip of carrot and scoop it hollow, so as when it is pressed against the soft rice it will make it form a semicircular buttress. The mould can be fluted all the way round with one strip, and of course all the projections will be the same size.

The rice border can be washed over with a little oiled butter, and baked a light brown in the oven.

A rice border for meat can be ornamented with red chili, green gherkin, black pickled walnuts, or still better, sliced truffles, hard-boiled yolks, &c.

A rice border for sweets can be ornamented with red preserved cherries, some yellow candied fruit, and green angelica. (See No. 29.) All kinds of tinned fruits look very pretty served in an ornamented rice border.

Rice Cakes.—Boil half a pound of rice in some milk or water till the milk or water is soaked up by the rice, sweeten the mixture with some moist sugar; when the rice is tender, and thoroughly moist, without being watery, add sufficient beaten-up eggs to *set* the rice when baked—two will generally be sufficient, but the amount of egg varies generally with the quality of rice—butter a tin, and put the mixture in about an inch deep, and bake in the oven till slightly browned on the top. Take out the cake and cut it into strips.

These cakes can be flavoured by adding to the milk or water essence of vanilla, essence of lemon, essence of almond, nutmeg, &c., or by rubbing lump sugar on lemon-peel.

A large square cake one inch thick can be very prettily ornamented as follows:—Lay on it before you cut it up strips of marmalade and red jam alternately, keeping the strips about two inches wide; then with a long, sharp knife cut the cake into strips two inches wide *across* the rows of jam. By reversing the position of each alternate strip the cake assumes the appearance of a chessboard,

having perfect squares of red and yellow. Apricot jam looks better than marmalade.

Rice Flummery.—Take a pint of milk and boil it, sweeten it with some sugar, and add a quarter of an ounce of bitter almonds, blanched (see ALMONDS) and pounded, or a few drops of essence of almonds will do. Take about a couple of table-spoonfuls of ground rice and mix it with a little cold milk, and then thicken the boiling milk with it. (See No. 13.) Stir it till it begins to assume an elastic appearance, then pour it into a mould. Let it get cold; turn it out into a glass dish. Ornament it by sticking thin strips of almonds into it, and pour a custard or sweet sauce round the base.

This sweet can be flavoured in various ways. Instead of using almonds pounded, or essence of almonds, lemon-peel, or essence of vanilla, or cinnamon may be substituted. In ornamenting, strips of angelica can also be used.

Rice, Plain Boiled.—To boil rice well is not so easy as many persons would think. Each grain should be tender, and yet separate from every other grain, *i.e.*, the grains of rice should not all cling and stick together in a mash. The first point in boiling rice is to see that the rice is clean; for this purpose it is necessary to wash it well in several waters. Next, get a large saucepan or stewpan full of boiling water slightly salted, take the rice and sprinkle it with the hand into the water, boil it for ten minutes, then strain it off in a sieve; place the rice back in the saucepan after buttering the bottom of the stewpan, and let the rice gradually swell and dry. Occasionally stir

the rice while drying. The saucepan should not be put on the fire, but simply kept hot by the side of the fire. After about fifteen or twenty minutes the rice will be done.

Rice Pudding, Baked.—Boil a quart of milk or a quart of water in which a tablespoonful of Swiss milk has been dissolved. Throw in some* rice, and let it simmer a short time, pour it into a pie-dish and bake in the oven till it is browned on the top. The milk should be sweetened with sugar. If Swiss milk is used it will be nearly sweet enough.

Rice Pudding, Boiled, Plain.—Tie up some rice—say, a teacupful—in a cloth, leaving plenty of room for the rice to swell. Indeed, the cloth tied up should have the appearance of an empty bag, almost. Put this into a saucepan of boiling water. Recollect, the rice will soak up a good deal of the water, and some may have to be added. Put a saucer at the bottom of the saucepan, to prevent the pudding sticking. Boil till tender—probable time, about a couple of hours. Serve with brown sugar or sweet sauce, or, still better, brown sugar and sherry. (See SWEET SAUCE.)

Raisins can be boiled with rice.

* It is impossible to say what quantity of rice should be added to the pudding. Some persons like the pudding stiff, some quite milky. For a milky pudding two tablespoonfuls of rice is sufficient for a quart. Remember, rice swells. It is a very common mistake with ignorant people to put in far too much rice.

Bakers who bake for the poor are constantly obliged to take out several tablespoonfuls of rice from the puddings sent to them to bake on Sundays, in order to send back the pudding eatable.

Rice pudding can also be made by boiling the rice in sweetened milk till the rice is tender and has soaked up the milk, when it can be turned out on to a dish, or served in a pie-dish. Swiss milk and water is an admirable substitute for sweetened milk. This pudding can be flavoured in a variety of ways—by boiling spices, such as cinnamon, cloves, &c., in the milk, or adding essences, such as vanilla, almond, lemon, &c.

Rice Soup.—Take the remains of any boiled rice in which the grains do not stick together, and warm it up in some clear Stock No. 1 or No. 2. (See No. 10.) This is clear rice soup.

Boil some rice in some No. 3 Stock, remembering that a little rice will go a long way, and it does not do to have the soup too thick. This is an excellent economical nourishing soup, suitable for invalids and children.

A rich rice soup can be made by boiling some rice in some good No. 3 or No. 4 Stock, before any extract of meat is added, and rubbing half the rice through a wire sieve (No. 21) to thicken the soup. Add an equal quantity of boiling milk to the stock, and add three yolks of eggs to each quart of soup. Do not let the yolks boil, but beat them separately with a little hot soup in the tureen (previously warmed); add the remainder of the hot soup, and serve with fried bread. The eggs are not essential.

Rice, Various ways of Cooking.—There are almost an infinite variety of dishes to be made from rice. Rice can be made into borders in which meats of various kinds—such as mince, stews,

hashes, &c.—can be placed, as well as preserves of all sorts—such as jams, stewed fruits, apples, &c. Rice, after it has been boiled fairly tender and allowed to dry, can be fried a light brown, and is in this shape the basis of a number of dishes popular in the East. Saffron is often added, as well as fried onion and various kinds of meat, such as fowl, &c.; in which shape, with some stewed raisins, it forms a well-known Eastern dish known as Pilau. Receipts for a few of the most common preparations of rice will be given under their distinctive headings.

Rice Water.—The water in which rice is boiled contains a considerable amount of nourishment, and, under certain circumstances, more than the rice itself. When rice is taken as a nourishing food, it is best to cook it so that it, when tender, soaks up the liquor in which it was boiled. To make rice-water, boil some rice in some water till the rice is thoroughly tender. Strain off the rice for a pudding. Sweeten the water with a little sugar, and flavour it with a few strips of lemon-peel. Let it get cold. This is a very nice, wholesome drink for children in hot weather, especially with a lump of ice in it.

Rice with Cheese.—Boil some rice in some milk till it is tender and has soaked up the milk; then mix in some grated cheese, pepper and salt; put the mixture in a small pie-dish, or tin, shake some grated cheese over the top, and bake in the oven till the top is nicely browned. The mixture must be fairly moist before it is baked, or it will get dry. Many think it a considerable improvement to mix

in a good teaspoonful of made mustard before baking. Mustard should be served with it. This can be eaten instead of cheese. The remains of the rind of cheese can be used up for the grated cheese. Water can be used instead of milk.

Rice, with Lobster.—Make a rice border (see RICE, BORDERS OF), and colour the mixture of rice a deep red while pounding it with some lobster butter (see LOBSTER BUTTER), and make a red border. Some of the red rice mixture can be rolled into red marbles, and some uncoloured into white marbles, and placed alternately round the top of the border. Fill the border with some mixture of lobster (see LOBSTER CUTLETS AND LOBSTER SAUCE), or some curried lobster—*i.e.*, some meat of the lobster warmed up in curry sauce. (See CURRY SAUCE.) The contents of a tin of lobster warmed up in some very hot and strong curry sauce makes a capital curry to fill this pretty red case.

Rice with Tomato.—Chop up a small piece of onion, and fry it in a little butter till the pieces are a light brown; mix it with some plain boiled rice, dry, which can also be fried a light brown; add a little pepper and salt, and a tablespoonful of tomato pulp. This quantity should about fill a pint measure. Serve hot with grated cheese at the commencement of dinner.

Risotto. (See RICE AND ONION.)

Rissoles.—Rissoles, or croquettes, are little balls made of savoury mince, bound together with egg

and fried. This mince is generally made from the remains of cold meat, as follows :—

Take four tablespoonfuls of chopped lean beef, or mutton, or veal, two tablespoonfuls of chopped fat, two tablespoonfuls of chopped cold ham or bacon, a piece of onion the size of the thumb down to just below the first joint, a teaspoonful of chopped parsley, a piece of lemon-peel the size of the thumb-nail, and as thin, chopped *very* small, a saltspoonful of thyme, a saltspoonful of black pepper, a third of one of cayenne, a saltspoonful of salt. Chop all very fine, and if possible send it all through a sausage-machine. Mix thoroughly together in a basin, and add an egg well beaten-up. Roll the mixture into balls the size round of a large walnut ; flour them, or rather, roll the balls in a little flour, and fry them brown in a little very hot fat. (See No. 6, also see FOWL, MINCED.)

Rissoles (a better way).—Beat up two eggs, and keep some of the mixture to moisten the balls after they have been floured. Then bread-crumbs them. (See No. 20.) Fry these a light brown, and serve with fried parsley. Some good brown gravy can be poured round these rissoles.

Cold turkey, fowl, &c., make excellent rissoles. Act exactly as above, only have two tablespoonfuls of chopped meat to one of lean ham or bacon and one of fat. (Also see FOWL, MINCED.)

When mushrooms can be obtained, they are an immense improvement to rissoles. The proportion should be three parts mixture to one part mushrooms—*i. e.*, mushrooms should form one-fourth of the whole. It is a mistake to think that adding

more egg will make the rissoles better. This is not the case. Only add sufficient raw egg to moisten the mixture sufficiently to bind it. Too much egg will harden the rissole when cooked. A very little rich gravy, which makes a hard jelly when cold, can be added with advantage. Red tongue will do instead of lean ham. Red tongue and bacon-fat make a nice substitute for ham.

Rissoles in Paste.—Make some rissoles, as above. (See also FOWL, MINCED.) Roll out some puff paste as thin as possible, and moisten each ball, instead of flouring it, with beaten-up egg. Then surround each ball with a thin coat of paste. Pinch the edge of paste together, and pinch off what is not wanted. These balls should be about as big round as a small walnut. Dip each ball of meat surrounded by paste in yolk of egg beaten up; or brush the ball over with a beaten-up yolk of egg; sprinkle some small broken-up vermicelli on each ball. The vermicelli will stick to the paste when egged over. Fry each ball in some very hot fat. (See No. 6.) As soon as they are a nice brown, take them out, and serve in a folded napkin, with fried parsley.

Roach.—Wash and clean the fish. Dry them thoroughly, and flour them. Fry them (see No. 6), and serve them with fried parsley. Serve with Harvey Sauce, Worcester Sauce, or Anchovy Sauce, or serve with cut lemon and cayenne pepper.

Roach are also nice grilled, after being well peppered. They are not particularly good boiled, but can be stewed in French white wine. (See FISH, FRESH-WATER.)

Roast, To. (See No. 3.)

Roly Poly Pudding.—Roll out some suet crust for puddings (see PASTE, SUET, FOR PUDDINGS) about an eighth of an inch thick. Spread this over, up to within three quarters of an inch of the edges, with treacle, or any kind of jam. Moisten the edges where it is rolled, and pinch them together, as well as the long edges, which should be fastened down. Roll the pudding up in a floured cloth, tie tightly, and boil for two hours.

Rook Pie.—Young rooks make an excellent pie, added to steak. The best part of the rook is the breast, but the wings and legs can be eaten. Never, however, put in the back. The rook had better be stewed gently for a couple of hours in some good gravy, then added to the pie. (See PIE, PIGEON.) Rook pie requires plenty of black pepper and hard-boiled eggs. Proceed exactly as in making pigeon pie, substituting stewed rook for pigeon.

Roux, White or Brown. (See No. 12.)

Rump-steak. (See STEAK.)

Rump-steak Pie. (See PIE, MEAT.)

Rump-steak Pudding. (See PUDDING, MEAT.)

Sage-and-Onion Stuffing.—This is a very common stuffing, and as nice as it is common. It is used with roast pork, roast goose, roast duck, &c.

To make ordinary sage-and-onion stuffing, take, say, four good-sized onions and eight fresh* sage-

* Fresh sage-leaves cannot always be obtained, in which case you must get dried leaves. It takes quite two dried leaves to equal one fresh one. If dried a long time, three will be required for one fresh.

leaves, and boil them for four or five minutes ; then chop them together very fine, and add four tablespoonfuls of fine bread crumbs, or more if the onions are large, a teaspoonful of black pepper and another of salt. If the stuffing is liked rich, a yolk of egg may be added, but it is, in my opinion, very unnecessary. Many persons add butter, but this is also unnecessary, as sage-and-onion is almost always required for rich meats, such as pork, goose, &c.

If the stuffing is liked mild, Spanish onions can be used, and they can be boiled longer. The cores of the onions can also be cut out.

French cooks add a great deal more sage. Francatelli recommends one part of chopped sage-leaves to three parts chopped onion. On the other hand, many English cooks maintain that one fresh sage-leaf to one large onion is sufficient. This is, of course, purely a matter of taste. In France roast goose or duck seems to have sage stuffing only, as the sage quite overpowers every other flavour.

Sago for Invalids.—Wash a tablespoonful of sago in cold water, and then soak it for an hour or rather more in cold water. The water can be changed once or twice, as it is apt to be dirty ; then boil it in a pint of milk or water for about an hour. It can be sweetened and flavoured in various ways, to suit the taste and desire of the invalid. One of the nicest is a few strips of lemon-peel, sugar, and a little brandy and nutmeg. Sago varies in quality. If too thick, it is easily made thin by adding more milk or water.

Sago Pudding.—Wash thoroughly two table-

spoonfuls of sago, and boil it in a pint of milk or water, sweetened with sugar. When the sago and water become thick, turn it out into a pie-dish, and add one or more eggs, according to the desired richness, and an ounce of butter. Mix all well together, grate some nutmeg over the top, and bake in the oven for about an hour. Sago pudding can be flavoured in various ways, viz : lemon-peel, spices, such as cinnamon, cloves, &c. ; essences, such as almond, lemon, vanilla, &c. Nutmeg and sugar are, however, the plainest and the nicest.

Sago Soup.—Wash about a tablespoonful of sago thoroughly, boil it in three pints of No. 1 or No. 2 Stock (see No. 10), and serve. This is a very nice cheap soup when made with Stock No. 2. Rub the saucepan well with a bead of garlic—*i.e.*, if the flavour is not objected to.

Salad.—The nicest of all salads is plain French lettuce-leaves, young, crisp, and dry. Old lettuces that have got bitter are worse than useless. Take a salad bowl, and rub the bottom of it with a bead of garlic or a slice of onion. Add the leaves of three French lettuces, quite dry. If possible avoid washing the leaves, but simply wipe them on a clean cloth. Next, if possible, add three fresh tarragon leaves, and a very little parsley, chopped very fine ; sprinkle these over the salad. Boil an egg hard and cut it into quarters, and place round the edge of the dish. Do not dress the salad till it is wanted, and then proceed as follows for the above quantity :—Take a tablespoon, and place in it a saltspoonful of salt and another of black pepper,

fill the spoon with oil, holding the spoon in the left hand. Stir up the salt, oil, and pepper, with a fork, and pour over the salad, and mix it together for a minute, tossing the leaves round and round very lightly. Then add another tablespoonful of oil, and again mix thoroughly, so that every part of every leaf is thoroughly oiled before the vinegar is added. Then add about half a tablespoonful of vinegar, and again mix thoroughly.

There is an admirable Spanish proverb about dressing salads. It says it requires four persons to mix a salad:—a spendthrift to throw in the oil, a miser to drop in the vinegar, a lawyer to add the seasoning, and a madman to stir it together.

Salad dressed with Meat, &c.—Salads mayonnaise can be made exactly as lobster salad is made, by substituting for lobster cold boiled salmon, cold boiled sole, smoked salmon, cut very thin (raw), cold chicken, roast or boiled, cold turkey, crayfish, picked prawns (very expensive), picked shrimps—this last is the most delicious salad there is. The shrimps must be fresh. A pint when picked will do for three lettuces. Two quarts of fresh-boiled shrimps will make a pint of picked. Act in every respect as in making lobster salad. (See LOBSTER SALAD MAYONNAISE.) When raw herrings or sardines are added to salad, mayonnaise sauce is not suitable.

Salad, English, Old-fashioned.—The old-fashioned English salad is composed of a mixture in which lettuce is the chief part, but to which is added mustard-and-cress, beetroot, celery, cut up fine, spring onions, &c. The salad-dressing for

this varies according to the tradition in the family. It is a compound of milk or cream, hard-boiled yolks of eggs powdered, made mustard, pepper and salt, vinegar used rather freely, anchovy sauce, sugar, &c. Oil, which ought to form the chief part of salad-dressing, used to be dropped carefully as if it were some dangerous poison. Indeed, to a certain extent this was requisite, as the oil too often was green and rancid from having been kept too long. Perfectly pure oil, like perfectly pure butter, is almost if not absolutely tasteless.

Salad, German. (See GERMAN.)

Salad, Lobster. (See LOBSTER.)

Salmon, Boiled.—It is an open question among cooks as to whether salmon is best put into boiling water or cold water. The great secret, however, of having salmon nicely boiled, is to have it thoroughly done, but, like a boiled potato, it must be served directly it is done. Cooks too often have to keep fish hot. When this is done, never keep it hot in the water in which it was boiled, but take it out, put it on a fish-strainer, and cover it with hot cloths till wanted. Boil in the usual way (see No. 1). The time for boiling salmon entirely depends upon its thickness. Do not forget to skim.

The best sauce to serve with salmon is lobster sauce, but shrimp sauce, caper sauce (do not chop the capers), Dutch sauce, can also be sent up with it. Also serve cut cucumber with salmon. (See CUCUMBER, DRESSED.)

Salmon Cutlets.—Slices of salmon cut an inch

thick, and grilled in oiled paper (see SALMON, GRILLED), are sometimes called salmon cutlets. Also salmon can be cut into little thin slices, the size of an ordinary cutlet, and these slices should be soaked for some hours in good olive oil, in which is mixed some pepper and salt and parsley. The slices are then taken out, and grilled quickly over a fierce fire a nice bright brown colour on each side.

The best salmon cutlets, both for taste, economy, and appearance, can be made out of the remains of cold boiled salmon as follows : Pound the meat in a mortar, or mix it up in a basin ; add to each pound of pounded meat a piece of onion the size of the top of the thumb down to the nail, a teaspoonful of chopped parsley, a saltspoonful of pepper, a teaspoonful of anchovy sauce. The onion and parsley must be chopped very fine. Add sufficient butter to moisten it, and mix very thoroughly, and add one egg beaten up. Mould this mixture into little cutlets rather bigger than an oval picnic biscuit ; flour them to make them dry. Egg-and-bread-crumbs them (see No. 20). Fry them a nice golden brown in some very hot fat (see No. 6), and serve with fried parsley.

It is best to make these cutlets an hour before they are fried, as the bread crumbs then dry a little, and brown more quickly. As the salmon is already cooked, the quicker they are browned the better.

A very great improvement both in flavour and appearance to the above, is to add a little lobster butter (see LOBSTER BUTTER), say, a teaspoonful. It must be thoroughly mixed. A small bare bone an inch and a half long, cut from the end of neck of lamb or mutton, can be stuck into each cutlet to

represent the bone, and a little paper frill tied round it, or a little piece of wood will do. This makes a very pretty-looking dish.

Excellent salmon cutlets can be made this way from tinned salmon, especially if lobster butter is obtainable. This makes a very elegant and yet very cheap dish. Tinned salmon as a rule will not require any butter at all : it is rich and oily.

Salmon, Grilled.—Salmon is best cut in slices an inch thick and grilled in the ordinary way (see No. 5), basting it with a little butter. A slice of salmon tastes still better when it is wrapped up in a piece of well-oiled paper, and cooked on the gridiron in the paper. The fire must be very clear. Pepper and salt the slice of salmon before grilling it. Grilled salmon does not require any sauce such as lobster sauce, but Tartar sauce should be served with it, as well as dressed cucumber. (See CUCUMBER, DRESSED.) (See TARTAR SAUCE.) Another nice sauce with grilled salmon, especially for breakfast, when cucumber is undesirable, is pickle sauce. (See PICKLE SAUCE.)

Salmon, Pickled.—Put the remains of a boiled salmon into a pie-dish, removing the big bones first, with a liquor composed of two-thirds of the water in which the salmon was boiled, and one-third vinegar. Add to, say, two pounds of salmon, a teaspoonful of whole peppercorns. Let the liquor thoroughly cover the fish. Make it hot through in the oven, and then let it get cold. Serve in the liquor with a few sprigs of fennel. A bay-leaf or two may be added to the pickle. Skim the liquor after it gets hot. This quantity of vinegar will

be found quite sufficient. English vinegar of a dark colour is better than the so-called white wine vinegar.

Salmon, Potted. (See POTTED MEATS.)

Salmon, Smoked.—Salmon smoked when it is good makes an excellent salad mayonnaise (see SALAD). It should be cut very thin, with a sharp knife. If possible, have the slices the thickness of a five-pound note.

Smoked salmon cut thin can also be sent up as an appetiser or “Hors d’œuvre.” It is also excellent cut in slices and made hot in a clean frying-pan. This is a very appetising dish for breakfast.

Salmon, Tinned.—Tinned salmon can be eaten cold with oil or vinegar, or it can be made into cutlets (see SALMON CUTLETS). It also makes excellent sandwiches suitable for suppers. Pound the fish in a mortar with some anchovy sauce, a dessert-spoonful to a small tin, also some cayenne pepper and black pepper. A little lobster butter is a great improvement. Spread this mixture between very thin slices of bread (see SANDWICHES).

Salmon, to Carve.—In carving salmon always cut parallel with the bone: one slice out of the thick part, and one slice out of the thin part, or the part nearest the belly of the fish. This thin part is lighter of colour and very glutinous. The redder raw salmon looks, the better it is.

Salmon Trout.—This fish is best grilled whole. It can be treated like salmon in every respect, but is far nicer grilled than boiled, except when it is very large, which rarely happens. Cucumber

and Tartar sauce (see TARTAR SAUCE) should be served up with it. Should you re-dress it for cutlets, &c., remember its flavour is more delicate than salmon, therefore add less seasoning of any kind, especially anchovy.

Salt Fish.—Salt fish varies so much that it is impossible to give any one receipt that will meet all cases. Sometimes you can buy salt fish that you can cook at once, at other times it will require a couple of days to soak (changing the water repeatedly) before it is fit for food.

Put it into cold water, boil it till it is *done*, skimming the water. It may or may not get tender. Serve with egg sauce (see EGG SAUCE) and boiled parsnips. Salted cod is, I think, the best fish.

Sandwiches.—Those who have visited railway refreshment rooms would, perhaps, scarcely credit the idea that sandwiches can be made so that they are real delicacies. Very high-class sandwiches, suitable for ball suppers, can be made as follows:—

Cut some thin rounds of bread the size of a five-shilling piece. (Avoid bread with holes in it.) Fry these a light golden brown. (See No. 7.) Drain them on blotting-paper, and spread each round with a thin layer of Béchamel sauce (See BÉCHAMEL) nearly set. Cover this over with a thin slice of the white meat of a cold fowl, or turkey, or pheasant. Sprinkle with a very little pepper and salt, and cover over with another round of fried bread, also spread with a very thin layer of Béchamel sauce. Pile up on a napkin in a pyramid shape, and ornament with parsley. It

is needless to say that these sandwiches differ from the ordinary Mugby Junction sandwich. Lobster sandwiches can be made by putting the pounded flesh of lobster similar to that made in making lobster cutlets, only without any onion, between slices of fried bread. Also salmon sandwiches, from fresh salmon or tinned salmon. (See SALMON, TINNED.)

Anchovy sandwiches can be made as follows. Chop up into little pieces, but not too small, some filleted anchovies; also chop up some hard-boiled eggs and mix together, so that there is twice the quantity of egg to anchovy, and lay these between fried bread spread over with mayonnaise sauce. Add also a little cayenne pepper.

Of course all these sandwiches can be made by using ordinary thin bread not fried, but frying the bread, though troublesome, greatly improves both the flavour and appearance of the sandwiches. If the bread in frying is cut into pieces two inches square, instead of into rounds, it greatly saves any waste. For plain bread, use a square tin loaf. After making the sandwiches, cut them up into small squares or triangles, and trim the edges neatly, cutting off the crust.

Ordinary sandwiches from beef, mutton, ham, tongue, &c., are made by putting thin slices of meat between thin slices of bread and butter, and adding pepper and salt, and sometimes mustard. The thinner the sandwich is cut the better will it be. Egg sandwiches are made by putting thin slices of hard-boiled egg between thin bread and butter, and adding mustard and cress. (See EGG SANDWICHES.)

Sandwiches well made are admirably adapted for evening parties, and are more worth troubling about than a quantity of sweets that few care to eat.

Suppose now you have a few dishes of sandwiches piled up into pyramid form on a side-table, ornament as follows; which will also serve the purpose of describing what they are :—

We will suppose we have some anchovy sandwiches, some lobster, salmon, egg, tomato and chicken.

Pile up the sandwiches high, leaving a margin round the base; cover this with bright green parsley. Then round the base of the anchovy salad, place in a slanting direction, about three or four inches apart, some fresh anchovies, whole, but washed. Choose some with bright silver scales.

Around the lobster salad put, the same distance apart, some small red crayfish. Round the salmon put a few slices of fresh salmon, or, if tinned, choose the most solid pieces. Sprinkle these with whole coral, boiled, of course, a bright red. Around the egg sandwiches strew mustard and cress instead of parsley, and lay rings of hard-boiled eggs cut out of the middle of each egg; the rest can be used for making the sandwiches.

Round the chicken sandwiches place the wings of the fowls cut off short. *i.e.*, very little of the breast meat, but chiefly the bones; glaze these bones, which will not be eaten, a rich brown. Soy will do for this purpose. In cutting the wings off, get the piece of skin that would cover the white meat to join on to the bone; glaze this

skin, it will give the appearance of a whole wing. Around the tomato sandwiches place some small bright red tomatoes, on the parsley. (See TOMATO SANDWICHES.)

If you wish to please your guests, a few well-filled dishes of this sort, and some good bitter ale, will be more appreciated than a quantity of second or third-rate sweets and bad champagne.

Sardines.—Sardines are generally served in their tins. Lemon-juice and cayenne pepper are a great improvement.

Sardines, Curried.—Sardines are very nice curried. Proceed exactly as in currying pilchards. (See PILCHARDS.)

Sausages. (See PORK and BEEF.)

Sausages, Beef. (See SAUSAGES.)

Sausages, To Cook. (See SAUSAGES.)

Sausages, to Cook.—Sausages are always best fried. When they have skins on them, prick the skin with a fork to prevent them bursting. Sausages, especially pork, should always be well cooked, and should never look red in the middle when cut. They are best cooked very slowly, but should be browned all over outside at the finish.

Savoury Patties. (See PATTIES.)

Savoys. (See CABBAGE.)

Scallops.—Scallops are best scalloped (hence the term). Wash them thoroughly, as they are apt to be gritty. Let them *simmer* very gently in a little milk. Take them out and thicken the milk with

a little white thickening (see No. 12), or butter and flour. Make it as thick as double cream. Put them back in their deep shells, two scallops in each shell, with some of the thickened milk, to which must be added a teaspoonful of anchovy sauce, say, for twelve scallops, half a saltspoonful of cayenne, and a little grated nutmeg and the juice of a quarter of a lemon. Mix in a few bread crumbs, and cut up some butter into little pieces. Shake some bread crumbs over the top, and lay some little pieces of butter on them, and bake in the oven till the crumbs are brown. If they don't brown quickly, a red-hot shovel will assist. You must put plenty of little pieces of butter on the top of the bread crumbs, or you can nearly oil some butter and pour it over the crumbs. Scallops should never be dry.

Scotch Broth.—Get some No. 3 Stock (see No. 10) that has had no extract of meat put to it, or, better still, some No. 1 Stock (see No. 10), also without extract of meat. Cut up some carrot, turnip, and celery small, and boil this in the stock till tender, then add some pearl barley that has been boiled till it is tender, and a teaspoonful of chopped parsley. Boil the stock, and have ready some trimmed cutlets off the neck of mutton, cut very thin. When the soup is boiling throw in the cutlets, and take the soup off the fire on to the side. The cold meat will take it off the boil. Let it stand for five or ten minutes, and then pour it into a tureen. If the soup boils after the meat is thrown in, it will be hard. If the cutlets are cut thin, five minutes in this hot soup will cook them.

Scotch Woodcock.—Hard-boil two eggs, take off the outer shells, and cut them up fine with a knife and fork in a basin with a couple of ounces of butter, add a tablespoonful of anchovy sauce (grocers'), and half a saltspoonful of cayenne pepper; spread the mixture on a large square of hot buttered toast, make the whole hot in the oven, and serve. Don't forget to shake the bottle first before pouring out the anchovy sauce.

Another method, and perhaps a more delicate method, is to make a rich anchovy toast with anchovies pounded with butter and spread over the toast thick and hot. Make a light omelet with three eggs and two ounces of butter (see OMELET), beating the whites separately; as soon as it sets pour the light omelet over the anchovy toast. Take care the toast is hot.

The best way to make Scotch Woodcock is to prepare a rich hot anchovy toast as above, and cover it with whipped cream.

Sea Bream. (See BREAM.)

Sea-kale.—The Sea-kale should be young and very fresh, or it is worthless. Wash it very carefully and boil in the ordinary way. (See No. 9.) Time, about twenty minutes. Serve on toast, keep the heads all one way on the toast. Butter sauce or white sauce should be served with sea-kale.

Semolina Pudding.—Boil a quart of milk; sweeten it, and flavour it with lemon by rubbing some of the lumps of sugar on the outside of the rind of a lemon; add three tablespoonfuls of semolina. Stir till thick. Add one or more eggs

according as it is wished rich. Pour into a pie-dish, and bake for about three quarters of an hour.

A little nutmeg can be grated over the top.

This pudding can also be made by using a quart of water in which a tablespoonful of Swiss milk has been dissolved, instead of milk. In this case, less sugar will be required.

Shad.—Shad is a sea-fish very common on the continent, especially in Belgium, where, under the heading of “Alose” in bills of fare, it has often puzzled strangers, as shad is seldom met with in England. It is a cheap fish, exceedingly nice, resembling herring in flavour. When small, it is best grilled; when large—*i. e.*, over two pounds in weight—it is best baked. Serve mustard sauce with it.

It can also, especially when large, be stuffed with veal stuffing. (See VEAL STUFFING.)

Sheep's Brains.—To be cooked in exactly the same way as pig's brains. (See PIG'S BRAINS.)

Sheep's Head, Baked.—Split open the head, and remove the tongue and brains. It is generally best to soak the head after this in a little warm salt and water. Tie the two halves together, and bake the head in the oven for about a couple of hours, basting with butter or dripping. Potatoes, cut up, can be baked with it. Boil the tongue separately, and make some brain sauce by boiling the brains, then mashing them up with a teaspoonful of mixed sweet herbs (see HERBS) and some butter, pepper and salt. Stir these brains over a gentle fire for some little time in a stewpan. Place the brains

round the tongue, and serve in a separate dish from the head.

Sheep's Head Soup.—Split open a sheep's head, and remove the tongue and brains, which will make a separate dish. (See SHEEP'S HEAD.) Stew the head in three pints of No. 3 Stock (see No. 10), and boil with it a tablespoonful of pearl barley, thoroughly washed. Add extract of meat. Season with pepper and salt. When the head has been stewed for a couple of hours, the meat will easily come off the bone. The bones, of course, should be removed, and the meat served in the soup. Rice may be substituted for barley, and a little chopped parsley can be added to the soup, if liked. The soup may also be slightly thickened with corn-flour. Carrot and turnip may also be served in the soup, cut up into dice.

Sheep's Hearts. (See HEARTS.)

Sheep's Kidneys. (See KIDNEYS.)

Sheep's Tongues. (See TONGUES.)

Sheep's Trotters. (See TROTTERS.)

Shrimps.—Shrimps must be boiled alive, and are not worth eating unless perfectly fresh. The brown shrimp is superior to the red or pink. Throw them into boiling salt and water; time, about 5 minutes.

Shrimp Salad. (See SALAD.)

Shrimps, Curried.—Pick a quart of shrimps. This will make about half a pint. Put the heads in a saucepan with a couple of tablespoonfuls of water, and crush the heads with a spoon, pressing

out the goodness. Strain the liquor off; see that it is not too salt. Add to it a little curry sauce (see CURRY SAUCE); warm up the shrimps in it, and serve in a border of rice.

Shrimp Sauce.—Pick a quart of shrimps, as above, pounding the heads. Add the liquor to rather more than half a pint of butter sauce. Stir in, if possible, half a teaspoonful of lobster butter. (See LOBSTER BUTTER.) Add a saltspoonful of anchovy sauce, half a teaspoonful of lemon-juice, and make the shrimps hot in the sauce.

N.B.—Sometimes the shrimps are sprinkled with salt to keep them fresh. In this case, pounding the heads to get out the flavour is of no use, as the liquor will be too salt for use.

Shrimps, Potted. (See POTTED MEATS.)

Sirloin of Beef. (See BEEF.)

Skate.—Boil two pounds of skate in the ordinary way (see No. 1), adding a teaspoonful of vinegar to the water. When done, drain it, and serve with black butter. The liver should be boiled separately for four or five minutes, and served with it. The liver is an important part. Time to boil the fish, about twenty minutes. Always serve black butter with boiled skate. (See BUTTER, BLACK.)

Smelts.—Clean the smelts by taking out the inside, but do not wash them. Wipe them clean, egg-and-bread-crumb them (see No. 20), and fry them (see No. 6). Smelts can be fried plain, simply being floured. Fried smelts make a nice garnish to large boiled fish, such as turbot and cod.

Snipe, Roast.—There is an old proverb about snipe—that the best way to cook it is to let the bird fly through the kitchen. Like a woodcock, it is absolutely cruel to overcook it. Pluck the bird, singe it and truss it, but don't draw it. Roast it before a brisk fire, or in a fierce oven, for about fifteen or twenty minutes. Serve on hot toast. Baste with butter. The toast must catch any of the trail, and will soak up the butter used for basting. Serve very hot. The bird should look raw inside. In fact, a snipe is done as soon as it is really hot through.

Snipe Pudding. (See PUDDING.)

Snipes, To Truss.—Handle the birds lightly, pluck them carefully, so as not to tear the skin, and pick them entirely, neck and head. Do not draw them, but wipe them with a clean, soft cloth. Twist the joints of the legs to bring the feet back upon the thighs, and press the legs close to the body. Turn the head under the wing, and pass the bill through the thighs and body. Tie a string round the legs and breast to keep the legs straight, and pass it also round the head and the tip of the bill. Hang the birds to the spit with the feet downwards.

Sole (à la Maitre d'Hotel).—Fillet the soles, and dip the pieces in some oil, seasoned with pepper and salt. Roll up the pieces, and grill them over a clear fire. They will be done as soon as they cease to be transparent. Stew the bones and fins in a little water, in which has been placed a small slice of onion and a sprig of parsley. Stew this down to half a pint, strain it off, thicken it

with some white thickening (see No. 12), add a little more butter, a teaspoonful of chopped parsley, and two teaspoonfuls of lemon-juice. The rolled fillets of sole can be placed on end in a vegetable or silver dish; the sauce, made thick, can be poured over them. Then ornament as follows:—Cut little pieces of red chili and green gherkin, the size of a threepenny-piece; place a piece, alternately red and green, on each piece of sole. (See MAITRE D'HOTEL SAUCE.)

Sole au gratin.—Chop up one or two good-sized mushrooms, or a small tin of mushrooms, with a small piece of onion the size of the top of the thumb, a teaspoonful of chopped parsley, a piece of lemon-peel the size of the thumb-nail; add pepper and salt. Fry these with two ounces of butter in a frying-pan for four or five minutes. Egg-and-bread-crumbs a sole, place it in a baking-dish, and pour this mixture over it. Bake in the oven for ten minutes. Then turn the fish over, shake a few very dry bread crumbs over it, add a teaspoonful of sherry to the sauce, and a tablespoonful of good gravy. Shake a little grated cheese over the top. Bake till it is a light brown colour on the top. Serve the sole in the tin.

The best tin for Sole au gratin is a long oval one, not much bigger than the sole itself.

A cheap way of making Sole au gratin is to egg-and-bread-crumbs the sole, and bake it in the oven with some butter, chopped onion, parsley, and lemon-peel; pepper and salt as above, baste the fish. Add a teaspoonful of wine and a very little grated cheese.

Sole, Fried.—Dry and flour the fish, egg-and-bread-crumb it (see No. 20), and fry (see No. 6). The sole can be fried plain, without egg and bread crumbs. When very small, this is best. Serve butter sauce or anchovy sauce with fried sole. Ornament with parsley and cut lemon. (See No. 29.) Sole is best grilled plain. (See No. 5.)

Sole, To Fillet.—Soles are best filleted at home, for the sake of the bones and fins, which make such excellent sauce. To fillet a sole : cut a deep cut from head to tail down the side of the backbone, touching the backbone. Keep cutting with a knife the flesh away from the ribs, keeping the edge of the knife touching the ribs. When you cut the flap of flesh so far down that you meet the points of the little fin-bones, cut the flap off. One sole will make four fillets. The knife had better not be too sharp, or it will cut into the bones. It is best to cut off the head and tail first. The head and tail, bones and fins, will all stew down to make excellent sauce.

Soup Maigre.—(See MAIGRE SOUP.) Soup Maigre is composed of vegetables. Take some, if not all of the following : a small head of celery, a turnip, a carrot, two large onions, fried in butter, two parsnips. Boil them till they are perfectly tender in a quart or more of water, and rub them through a wire sieve. Thicken with some cold boiled potatoes, and a very little young cabbage and lettuce, and boil them in the soup till tender. Then chop and add a handful of sorrel. This last is almost essential to get soup maigre. The consistency should be that of pea soup. Dried peas

or lentils can be used as well, but must be sent through a sieve. Onions, celery, potato, and sorrel make a very good soup *maigre*. Season with pepper and salt. When soup *maigre* is wanted very good, yolks of eggs can be added in any quantity. The soup must not boil after the eggs are added.

Soy is made from a Japanese bean. It is useful to assist in making fish sauce, especially for fresh-water fish ; it also helps to colour, and can be used for glazing veal.

Spanish Onions. (See ONIONS.)

Spinach.—Spinach requires a good deal of washing. Let it swim in a pailful of water, then lift it out and the dirt will sink. Get a fresh pailful and repeat the washing. Pick away the stalks, and boil the spinach for ten or fifteen minutes. Drain it thoroughly, pressing it hard, and cut it up very fine with a knife and fork, or rub it through a wire sieve. Add a small piece of butter and some pepper and salt ; make it hot in a small stewpan. Serve with hard-boiled eggs cut in halves, or with poached eggs. Some cooks boil spinach in as little water as possible ; some steam it. I do not think there is any perceptible difference in the flavour afterwards, whichever method is pursued. It is doubtful whether there is much flavour in the green colouring that comes away.

Sprats.—Sprats are a cheap and delicious fish. They are best grilled. The greatest drawback to sprats is that they make the whole house smell. A wire shut-up gridiron is best for sprats. Flour them and grill them ; when done on one side,

turn the gridiron over and do the other side. Bread and butter should be served with sprats, and some persons like lemon-juice and cayenne pepper with them.

Sprats are best cooked in relays—a few sent up hot and a few more five or ten minutes afterwards. As in frying, shut the kitchen door. Time to grill, two or three minutes, according to the fire.

Sprats, Pickled.—Sprats are very nice pickled. Bake them in the oven in a pickle composed of two-thirds water, one-third vinegar; add to a quart a teaspoonful of peppercorns and three or four bay-leaves. Let them get cold. This is a nice cheap breakfast dish. Indeed, many prefer it to pickled salmon. The sprats can be taken out of the pickle and eaten with a little oil and pepper.

Spring Soup.—Cut up into small slices some young spring carrots, turnips, part of a small head of celery, a few spring onions trimmed from the green stalk; a few little pieces like a small bouquet of the white part of a cauliflower; some cut up leaves of the white part of a cabbage lettuce, a small handful of sorrel-leaves, a few leaves of fresh tarragon. Throw these into *boiling* water, and let them boil for five minutes. Then strain them off, and boil them for about half an hour in some clear bright stock No. 1 (see No. 10). About a quarter of an hour before serving the soup, and while the soup is boiling, throw in a large spoonful of freshly-gathered and shelled young green peas, and a few young asparagus tops. Flavour the soup with pepper and salt, after the vegetables have been boiled.

N.B.—Of course all these vegetables are rarely used at once, though to make a perfect soup they should be. Where there is a garden, this soup is most delicious, as the vegetables need not be gathered till wanted.

The essentials for appearance are cut up red carrot, white turnips, and a few green peas.

Spring soup can be imitated all the year round by warming up the contents, or part of the contents, of a tin of macedoines (mixed vegetables) in some Stock No. 1 or No. 2. (See No. 10). A few fresh tarragon-leaves are a very great improvement.

Steak. (See BEEF.)

Stew, To. (See No. 2.)

Stock. (See No. 10.)

Strawberry Ice. (See ICE, FROM FRUIT.)

Strawberry Jam. (See JAM.)

Strawberry Water Ice. (See ICE WATER FRUIT.)

Sturgeon.—Sturgeon is a very large fish, of rather yellow appearance, and is sometimes sold cheap, at sixpence (and even less) a pound. It is a most substantial fish, very satisfying, and very like veal. Very few persons would know the difference between sturgeon and veal cutlet if cooked as follows:—

Take a slice of sturgeon an inch thick, weighing, say, three pounds. Take a bottle of dried mixed herbs (see HERBS), and pour some out into a sieve. Shake the sieve over the raw fish, first one side and then the other, and dry it, using the sifted

herbs instead of flour. When quite dry, egg-and-bread-crumb it (see No. 20), and fry it till it is nicely browned. (See No. 6.) Like veal, it wants a lot of cooking. Next, make a strong fish stock with, say, the bones of a sole that has been filleted, adding some parsley and a couple of slices of onion. Boil this till there is barely more than half a pint. Strain off the liquor, and add to it a small tin of mushrooms, liquor and all. Thicken this with some brown thickening (see No. 12), till it is as thick as double cream. Add a dessertspoonful of ketchup, and another not quite full of soy. Pour the sauce round, not over, the fish. Ornament as follows: Pick out five or six of the largest mushrooms, cut off the round tops, glaze them with a little soy, and place them on the cutlet, alternately with some small crayfish. This sauce, which does not contain any meat, has the appearance of rich brown gravy. The fish tastes like veal, the more so owing to the herbs, which are the same as those used for veal stuffing.

Without the mushrooms and crayfish, the latter being purely for ornament, it is really a very cheap dish if the fish is cheap.

Suet Dumplings. (See PASTE, SUET, FOR PUDDINGS.)—Suet dumplings are really suet paste, made plain or rich, rolled into balls, and boiled in a cloth, or they may be thrown in without a cloth when very small. The paste mixture, however, in the case of dumplings may be varied by adding a few bread crumbs, which makes the dumplings lighter. Eggs can be added, and also milk.

The following makes very good dumplings:—six ounces of suet, six ounces of flour, two ounces of bread crumbs, two eggs, a pinch of salt, and sufficient milk to moisten. The eggs should be well beaten up in the milk, and the suet well rubbed into the flour. The whole should be thoroughly mixed. Flour the cloth, tie it tight, but leave plenty of room for the dumplings to swell. The above mixture would make eight dumplings. Plunge them into *boiling* water, and boil for three quarters of an hour.

Suet Pudding.—Proceed exactly as in making suet dumplings, only instead of rolling the mixture into several balls, roll it into one. Plain suet pudding is a ball of suet paste (see PASTE, SUET, FOR PUDDINGS) tied up in a floured cloth and boiled. A large suet pudding, plain, will take from two to three hours to boil.

A great variety of puddings can be made by adding to an ordinary suet pudding sugar and grated lemon-peel, ginger, lemon-juice, cinnamon, raisins, &c. In this case a sweet sauce can be served with it. (See SWEET SAUCE.)

Sweetbreads, Fried or Baked.—Calf's sweetbreads are by far the best, but unfortunately are often very expensive. All sweetbreads, whether calf's, lamb's, sheep's, pig's, &c., should be treated as follows:—Parboil them for five or ten minutes according to their size, take them out, and throw them into cold water, and let them get quite cold. Take them out of the water, and carefully trim them from skin and flap. The drawback to sweetbreads is, that mixed with the delicious soft white

meat is too often found pieces of skin, which are exceedingly unpleasant in the mouth, causing real inconvenience to persons with delicate stomachs; therefore, peel the sweetbreads, especially small ones, and remove these impediments. Next, dry, flour, egg-and-bread-crumb (see No. 20) the sweetbreads, and fry them a nice bright golden colour. (See No. 6.) Serve with some rich brown gravy.

The sweetbread, especially if large, can be baked in the oven. Do not egg-and-bread-crumb it, but cover it with thin slices of fat bacon, and baste it. When done, take it out, drain it from its fat, and serve with some rather thick Béchamel sauce; ornament with fried bread (see No. 7) and chopped parsley sprinkled over the sweetbread.

Sweetbreads, Curried.—Egg-and-bread-crumb the sweetbreads. (See SWEETBREADS, FRIED.) Fry them as directed, and pour some curry sauce round them, not over them. (See CURRY SAUCE.)

Sweetbreads, Various ways of Cooking.—There are a very great number of ways of cooking sweetbreads, but they chiefly depend upon the sauce served with them. Sweetbreads are very useful to mix with other things as well as for making the insides of rich pies. For instance, boiled sweetbreads cut up with small button mushrooms, slices of red tongue, the white meat of fowl cut up, calf's brains, lean red ham, or some small black truffles, all stewed in some really good Béchamel sauce, make a most delicious dish.

Sweetbreads when baked are often larded, *i.e.*, stuck over with pieces of bacon fat inserted a little way into the meat. Sweetbreads, fried or baked,

are also very nice with tomato sauce, mushroom sauce, and can also be served with spinach.

Sweet Herbs. (See HERBS.)

Sweet Sauce.—Sweet sauce for puddings, &c., can be made in a variety of different ways, and the flavour can be varied by adding wines or liqueurs.

1st. Sweet sauce plain. Thicken a little water or milk with butter and flour, or white thickening or corn-flour, dissolve in it some sugar to taste. To this can be added, if wished, some sherry or brandy, or, still better, rum. Indeed, of all spirits, rum is the best for sweet sauce.

Another way is to make first some rich butter sauce (see BUTTER SAUCE), add to this sugar and wine, or spirits or liqueur.

Sometimes it is wished to have the sweet sauce pink; in this case a little cochineal is all that is required. A very pretty sauce can be made as follows:—Thicken a little water well sweetened with some arrowroot. Do not make it too thick, add some brandy or rum, and some cochineal. This sauce will be a clear bright pink or red. The flavour of it can be varied by adding a few drops of essence of almonds, or a teaspoonful of essence of vanilla.

A very rich but expensive sauce can be made by beating up three eggs. Then put a small enamelled saucepan on the fire with a quarter of a pint of sherry, and plenty of lump sugar. Melt the sugar, make the sherry hot, add it to the eggs, and whip the whole to a foam in a basin placed in some hot water. Pour this foaming sauce over some light

pudding—say, cabinet—grate a little nutmeg over the top. Raisin or cowslip wine will also do to make this sauce.

Swiss Milk. (See MILK.)

Tapioca for Invalids.—Wash the tapioca well in two waters, then soak a tablespoonful in one pint of milk for an hour. Put it on to boil in a saucepan, and let it simmer gently till it is quite clear. Stir it occasionally to prevent its getting lumpy. Water can be used instead of milk. Sweeten it with lump sugar according to taste. It can be flavoured by rubbing the sugar on lemon-peel, or a little brandy or wine can be added.

Beef-tea or good strong veal stock can be thickened with tapioca; this forms a very nourishing food for invalids.

Tapioca Pudding, Baked.—Wash the tapioca, and allow for puddings as a rule about four tablespoonfuls of tapioca to a quart of milk or water. Boil the tapioca in a saucepan, sweeten it, pour it into a pie-dish, add a little butter, about an ounce, and, if the pudding is wished rich, one, two, or three eggs can be beaten up and put to it. Grate a little nutmeg over the top, and bake in the oven for an hour.

The pudding can be flavoured with lemon-peel by rubbing the sugar on the rind, or with powdered cinnamon, nutmeg, essence of almonds, vanilla, &c.

Tapioca Pudding, Boiled.—Proceed as for baked pudding, only pour it into a mould and either boil or steam it; turn it out and serve with some sweet sauce. (See SWEET SAUCE.) Flavour as before.

Tapioca Soup.—Soak a tablespoonful of tapioca after washing it for half an hour; then boil it in a quart of No. 1 or No. 2 Stock. (See No. 10.) Time, about half an hour. The saucepan can be rubbed with a bead of garlic, if the flavour is not objected to.

Tarragon.—Tarragon is a herb easy to grow in any garden. It is very valuable for flavouring fish sauces, and also for improving the flavour of salads. One or two leaves only, chopped with a little parsley, give a salad made of lettuce (see SALAD) a high-class tone. Tarragon-leaves are sometimes laid in strips on the breasts of roast fowl just before sending to table hot. It is a powerful herb, and a little goes a great way.

A few leaves cut into threads are a great improvement to spring soup.

Tartar Sauce.—Make some mayonnaise sauce as thick as butter. (See MAYONNAISE SAUCE.) Add to, say, a quarter of a pint of sauce, a teaspoonful of chopped parsley, which has, if possible, two tarragon-leaves chopped with it, a piece of onion or shalot the size of the top of the little finger. Or the chopping-board on which the parsley was chopped can be first rubbed with a bead of garlic or a slice of onion. Also add a teaspoonful of made French mustard—English mustard will do, but it is not so good—and a saltspoonful of anchovy sauce.

Tartar sauce should be served with grilled salmon, grilled trout, &c.

Tartlets. (See CHEESECAKES.)

Teal, Roast.—Teal, like snipe, should be sent to

table underdone. They should be plucked and drawn, roasted before a quick fire, or in a fierce oven, basted with butter, and sent to table directly they are cooked. When teal follow a joint the cook should be warned not to put them down for some time after the joint is served; ten minutes will almost cook them. Send cut lemon and cayenne pepper to table with them. A little good brown gravy should also be served with them in a tureen.

Tench.—Tench requires very careful cleaning, as it has a tendency to be muddy. The best way to cook it is to bake it in the oven, and baste with a little butter and a glass of French white wine, or, if this cannot be obtained, some lemon-juice and butter. When it is done, add a little gravy to the butter and lemon-juice. Thicken it with a little corn-flour (see No. 13), and a teaspoonful of soy and a little cayenne pepper. When fresh-water fish like tench are plentiful, and caught probably for nothing, it is well worth while to have a bottle of cheap French white wine to cook them in. Either stewed or baked, a very little makes them palatable. (See FISH, FRESH-WATER.)

Tench can also be grilled. Baste with a little butter while grilling, and take care the fish does not stick to the gridiron, which should be rubbed with a piece of fat. Flour the fish first. Serve with Tartar sauce or cut lemon and cayenne. Thickening white and brown, (See No. 12.)

Thornback.—The fins of the Thornback, which is a fish of the Ray species, can be boiled like skate and served with black butter. It is a coarse cheap fish, but not often sold.

Tipsy Bread.—This is an imitation of Tipsy Cake. Cut some bread in slices, smear both sides over with jam, pile them up on a dish, moisten them with raisin or cowslip wine, and sprinkle with powdered sugar. Pour a cheap custard over the whole, and stick it over with blanched almonds (see ALMONDS, To BLANCH.) cut into thin strips.

Tipsy Cake.—Take a stale sponge cake, cut it into four or five slices parallel with the bottom, so that the slices can be laid one on the other, and the shape of the cake can be preserved. Spread a thin layer of jam (raspberry or strawberry is best). Lay these slices of cake on the top of one another carefully. Next take, if the cake is a large one, half a pint of sherry, or raisin wine or cowslip wine; sweeten this with some sugar, and soak the cake thoroughly. Take a spoon, and ladle the wine that runs into the dish over the cake again. When the cake has absorbed all the wine, and the dish is almost dry, pour over the cake a rich custard rather thick. (See CUSTARD.) Custard can always be made thicker by using more egg or less milk, and by stirring it for a longer time in the boiling water. Ornament the cake by sticking it all over like a hedgehog with blanched almonds cut into thin strips. (See ALMONDS, To BLANCH.) A tipsy cake can also be ornamented with preserved cherries and angelica, the latter cut into little rounds the same size round as the cherries, which can be pressed rather flat; these can be placed in the custard on the cake, in rings alternate green and red.

Toad in the Hole.—Make a batter with some

milk, flour, and one or two eggs, as thick as double cream. (See **BATTER**.) Put two pounds of beef-steak, cut into pieces about three inches long and one and a half wide, and an inch thick, into a *hot* buttered baking-dish; season the pieces of meat with a little salt and pepper sprinkled over them. Pour the batter into the *hot* dish, and bake it in the oven for one hour and a half.

The remains of cold meat can be cooked this way. Unless the cold meat is underdone, and contains red juicy gravy in it, it will be very insipid.

Eggs are not absolutely essential to the batter, but are of course a very great improvement.

Toast, Anchovy. (See **ANCHOVY**.)

Toast and Water.—Take a good-sized piece of stale crust of bread. Toast it a dark brown, as dark as possible without burning it black. Pour a quart of *boiling* water over, let it get *quite* cold, then strain it into a jug through a piece of muslin.

Toast, Hot Buttered.—Hot buttered toast is a somewhat expensive luxury when made properly. Rather stale bread is best. The bread should be cut into slices about one-third of an inch thick. It should be toasted quickly in front of a clear fire a nice golden brown on both sides. It should be quickly buttered on both sides, and placed in a hot dish. Another piece should then be toasted and buttered, and placed on the top. When four or five slices have been piled up, cut through the heap, and cut the toast into strips. The toast should be perfectly saturated with pure country butter, and served so hot that it almost burns the mouth.

Tomato Sauce.—This sauce is generally sold in bottles. It is best to taste this pulp before using it. As the pulp varies in flavour, it is impossible to give any one receipt that will suit all kinds. Suppose, however, the pulp seems like pure tomato pulp, and there is no other flavour, then take a very little white sauce or gravy—say, a couple of tablespoonfuls—boil in this a good-sized pinch of thyme for a few minutes, as well as a slice of onion, and a pinch of cayenne, and a bay-leaf. Strain this into a small stewpan, and add double the quantity of tomato pulp from the bottles. Make hot, and serve.

When the tomato pulp in bottles is adulterated with too much carrot, good sauce is impossible.

If possible, boil in the two tablespoonfuls of white sauce, or stock thickened with white thickening, a small piece of raw ham—a bacon bone for instance—this brings out the flavour.

Tomato Sauce from Fresh Tomatoes.—Take half a dozen ripe tomatoes, cut off the tops, and squeeze out the pips; place the tomatoes in a stewpan with a small slice of onion, a bay-leaf, a good pinch of thyme, and a little butter. Let the whole stew for fifteen minutes. The onion and thyme should be softened in the butter but not browned; then rub all through a wire sieve, add this to half its quantity of white sauce, or stock, thickened with white thickening. (See No. 12.) A slice of ham, or a lean bacon bone is an improvement. Flavour with cayenne pepper. This sauce will require a little skimming.

Tomato Sauce from Tinned Tomatoes.—To-

atoes are now sold whole in tins. These make excellent sauce. Cut open the tin, strain off the liquid, and place the tomatoes in a stewpan, and proceed exactly as with fresh tomatoes.

The liquid strained off from the tin should not be wasted: it has a very strong tomato flavour, and if added to some good gravy, and a little extra extract of meat be put to it, it will make an excellent gravy for roast fowls, &c.

In rubbing the tinned tomatoes through a wire sieve the pulp will soon go through, and the pips, which are very hard, will remain behind.

Tomato Salad.—Ripe, round, red tomatoes make a delicious salad. The best tomatoes are the small, round, smooth ones perfectly red all over. Cut these in slices. Take out the core and pips. Place them in a salad bowl rubbed with a bead of garlic, and dress them in the ordinary way with oil and vinegar. (See SALAD.) Potatoes cut in slices, and a little chopped parsley, can be mixed with them.

Tomato Sandwiches.—Tomato sandwiches are most refreshing in hot weather, especially when kept in ice. Cut some thin slices of bread and butter from a tinned loaf. Sprinkle these with mustard and cress. Cut some thin slices of tomato, cutting the tomato parallel with the core to avoid having rings from the core dropping out. Mix these slices lightly in some oil and vinegar and pepper and salt salad dressing (see SALAD), lay these slices on the bread, and cover over with the other slice of bread and butter sprinkled with mustard and cress. Cut these slices into squares

or triangles, with a very sharp knife, and pile them up on a dish. Place a border of parsley round the base, and ornament with some small, bright, round, red tomatoes.

These are an excellent refreshment for garden parties in hot weather. Their chief beauty is being cool. An excellent "ice-house" can be made for them as follows:—Put a little rough ice on the grass, cover it over with a large dish turned upside down; pile the tomato sandwiches on the dish. Cover over with an ordinary metal dish-cover—a common kitchen one will do—take a cloth, and push it through the handle. Take two lumps of ice of moderate size, tie them up in the cloth, so that one lump touches the dish-cover on either side. Of course, when the four ends of the cloth are tied together the ice cannot fall out, but will rest in the cloth against the sides of the cover. The sandwiches after being in this cold "ice-house" for an hour are delicious. The ice underneath soon melts.

Tomatoes, Grilled.—Tomatoes should be grilled whole, and not cut open. Grill over a clear fire, and moisten occasionally with a very little dripping or butter. Grilled tomatoes are nice served with chops or steaks. Tomatoes can also be baked in the oven in a tin with a little butter.

Tongue.—Tongues can be cooked fresh, or they can be pickled, smoked, and dried. Dried tongues, whether ox or reindeer, require a great deal of soaking, and should always be put in soak overnight. Tongues fresh from the pickle only require three or four hours to soak.

Tongue, Boiled.—Put the tongue, after it has been soaked, into cold water in a saucepan, with an onion and a dessertspoonful of mixed sweet herbs. Let it boil till tender; when done, remove the skin, and fasten it down with a couple of forks and a piece of string into the proper shape for it to be eaten cold—viz., somewhat like a lady's high-heeled boot. When it is cold, glaze and ornament it. (See GLAZE.) The skin will easily peel off when tender. Time to boil a large smoked tongue, about five hours; a small smoked tongue, about three hours and a half. A large unsmoked tongue, about four hours; a small unsmoked tongue, about three hours. A fresh ox-tongue, about one hour and a quarter.

Tongue, Sheep's.—Sheep's tongues can be boiled, and served hot with brain sauce. (See SHEEP'S HEAD AND SHEEP'S BRAINS.) When the tongues are salted they can be treated just like ox-tongues, only they will not take more than an hour to boil. They can be served hot with boiled fowl or rabbit.

Sheep's tongues make a pretty dish if arranged in a ring with the roots in the centre. The tongues should be brushed over with a little glaze if they are wished to look very nice. Pile some mashed potatoes high up in the middle; or some green peas. Pour some brown gravy (see GRAVY) round the tongues, and serve very hot.

Tongue, To Glaze and Ornament. (See GLAZE.)—Glaze the tongue with some good bright glaze. Tie a paper frill round the root, which must be trimmed and cut square with a knife. A flower cut out of a turnip to resemble a camellia, tied to a

few fresh bay-leaves, may be stuck in the root. A little ornamental work can be put round the tongue on the glaze as follows:—Roll a piece of notepaper up like a funnel. Melt a little clarified butter, and pour it into the funnel; by holding the funnel near the tip you can let the butter run out in a very thin stream, or by drops, or you can stop it altogether. A little curly ornamental ring can be placed round the tongue by this means, or little white drops, as big as a small pea, placed round the edge, keeping the drops about half an inch apart. Surround the tongue with plenty of fresh green parsley, and avoid putting it on too small a dish.

Tongues, Sheep's, Tinned.—Sheep's tongues are now sold in tins; they can be warmed up, and treated as above, taking care to reserve all the jelly in the tin to help to make the gravy.

Tinned tongues also make a nice dish cold. Place them in a ring, glaze them. Pile up some “macedoines,” or some cold boiled carrot, turnip, and peas in the middle. Make a ring of Tartar sauce round the outside of the vegetables on the end of the roots of the tongues.

Sheep's tongues tinned are very nice curried. Simply warm them up in curry sauce. (See CURRY SAUCE.)

Treacle Pudding.—Make some ordinary suet crust (see PASTE, SUET, FOR PUDDINGS), roll out the paste about a quarter of an inch thick, butter an ordinary pudding-basin, and line it with the paste as if you were going to make an ordinary fruit pudding. Put a little treacle at the bottom,

and then a layer of paste, then another layer of treacle, and so on till you fill the basin. Cover over with a top of paste, pinch the edges together in the ordinary way (see PUDDING, MEAT), and boil in a cloth for about three hours.

Treacle Roly Poly. (See ROLY POLY.)

Tripe, Boiled.—It is almost needless to say that tripe must be thoroughly cleansed. It is often an improvement to soak tripe for two or three hours in milk, but it is not essential. Stew it gently in a little milk, and some onion sliced up in it. When both are tender, thicken it with white thickening. (See No. 12.) The tripe should be cut into strips before boiling—three or four inches long, and two wide.

Tripe, Various ways of Cooking.—Tripe can be cooked in various ways, but by far the best is the above—viz., stewed and served with onion sauce.

Tripe can be boiled till tender, and then warmed in curry sauce. (See CURRY SAUCE.)

Tripe can also be boiled till tender, allowed to get cold, and it can then be floured and fried, and served with fried onion.

Tripe can be baked in a dish with some onions cut up, and partially fried. Time to bake, two hours. The dish must be filled up with water or milk, which must be carefully skimmed before serving.

Tripe can also be stewed in good stock, with mushrooms and chopped parsley; this can be thickened with white thickening. Time to stew,

two hours. Season with pepper and salt, and bay-leaf.

N.B.—The time for cooking tripe varies according to the state of preparation it is in when bought. Sometimes it requires little more than warming up.

Trotters.—Trotters, whether sheep's or pig's, are very glutinous, and when properly cooked are very nourishing. They require a very long time to stew. Take six sheep's or pig's trotters, and cover them with some No. 3 Stock (see No. 10), or some water, with an onion and a little parsley. Let them stew for five hours till they are perfectly tender. Take them out, and remove the flesh from the bones. Put the flesh away on a plate, put back the liquor, and boil it down to about a quarter of a pint. Strain it off, add a teaspoonful of chopped parsley, thicken it with two yolks of eggs well beaten up, add a little pepper and salt, and a teaspoonful of lemon-juice. Warm up the flesh in this sauce, which should be as thick as custard, and resemble it in appearance.

Trotters (another way).—Boil the trotters for four or five hours till tender. Boil the liquor away till there is only enough left to glaze them with. This liquor should have been flavoured with a little onion. Pour the liquor into a basin. Glaze the trotters with it, letting it get cold outside like a jelly. When you finish one layer of glaze on the top of the other, before the last brush over gets cold, shake some bread raspings over the trotters. Ornament them with parsley. They can be eaten cold with oil and vinegar; serve some

finely-chopped raw parsley and raw onion on the dish with them, in separate heaps.

Trout.—Trout are best grilled whole. (See No. 5.) Serve cut lemon with them, or a little oiled butter. They can also be fried (see No. 6) after being floured, but it is best not to egg-and-bread-crumb them.

Small trout are very nice cooked whole, wrapped up with plenty of butter and pepper, and a little chopped parsley and a pinch of mixed sweet herbs (see HERBS), in some well-oiled paper. Bake in the oven according to the size of the fish, and serve in the paper. Time for a half-pound trout, about twenty minutes.

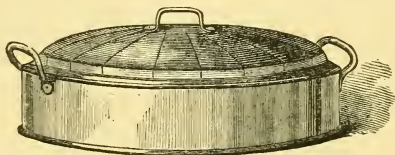
Trout, when large, can be boiled like a salmon, and served with Dutch sauce. (See No. 1, and DUTCH SAUCE.)

Trout can also be cut in slices, and served in the water in which it is boiled "Souchet." A few sprigs of parsley should be thrown in. The trout should be cut up directly it is caught, and the pieces thrown into cold spring water. Serve thin brown bread and butter with trout "Souchet."

Tunny.—These fish are only to be had in England, preserved in oil. Serve with cut lemon and cayenne.

Turbot, Boiled.—Empty the fish, wash it inside with scrupulous nicety, then remove the scales and gills, and trim the fins, but do not cut them off, as the gelatinous parts about them are esteemed a great delicacy. Rub a little salt all over the outside of the fish—this will make the slime come off more easily, and do away with the necessity for

soaking the fish. Wash it until it is as clean as possible. Dry it, and rub it with a cut lemon or a little vinegar. Draw a sharp knife just through the skin in the thickest part of the middle of the back on the dark side of the fish. This is to keep the skin from cracking on the white side. Put as much cold water as will be required to cover the fish into a turbot kettle, and dissolve in this a little salt, in the proportion of six ounces of salt to a gallon of water. Bring the water to the boil, and

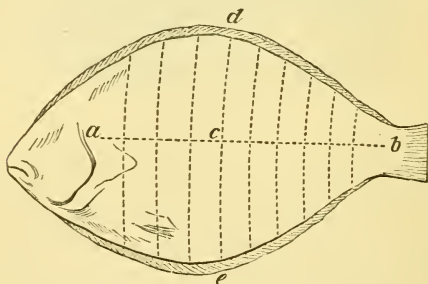


TURBOT KETTLE.

remove the scum as it rises. Lay the turbot on the fish-drainer the white side up, draw it back as soon as it boils (see No. 1), and simmer the fish very gently until it is done enough. As soon as this point is reached, take it up, drain the water from it, and slip it, the white side up, upon a hot dish covered with a napkin or fish-paper. Garnish with parsley, cut lemon, and scraped horse-radish ; and if it should happen unfortunately that the fish is at all cracked, lay two or three little pieces of parsley upon it, so as to cover the crack. Plain melted butter, shrimp sauce, anchovy sauce, Dutch sauce, and lobster sauce may all be served with boiled turbot. When lobster sauce is used, a little of the spawn may be rubbed through a sieve

and sprinkled over the fish, as well as a little chopped parsley. It is impossible to give the exact time for boiling, as turbot varies much in thickness as well as in size. When the flesh appears to shrink from the bone it is done, and it should be carefully watched, as if it boils too long it will be broken and spoilt. Time, a moderate-sized turbot, fifteen to twenty minutes to *simmer gently* from the time the water boils; large, twenty to thirty-five minutes. Probable cost, uncertain.

Turbot, Carving of.—Run the fish-knife down from *a* to *b*, quite through the bone; then cut



TURBOT, CARVING OF.

slices in the direction of the dotted lines *c e* and *c d*.

Turbot, To Re-dress.—Turbot can be warmed up in a variety of ways. One very good way is to pull the flesh into flakes with a fork, and warm up the flakes in some Béchamel sauce, and serve it in a border of rice (see RICE BORDERS) or a border of

potatoes. (See POTATO BORDERS.) Or it can be served up in a large case made of puff-paste—called a “vol au vent.”

Turbot is also very nice curried. Simply warm it up in some curry sauce, and serve boiled rice in a separate dish.

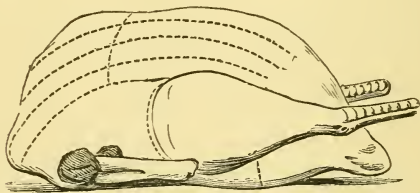
Turkey, Boiled.—There is an old proverb which says that turkey boiled is turkey spoiled, but in this couplet there is more rhyme than reason, as a boiled turkey forms a dainty dish most acceptable to persons with delicate stomachs, who fear the richness of the roasted bird, and also presents an agreeable change to those who during the Christmas festivities are tired of having roasted turkey constantly set before them. A boiled turkey is prepared as follows:—Take a plump hen turkey which has hung for five or six days (weather permitting), pluck, singe, and draw it, fill it with veal force-meat (see VEAL STUFFING), truss it for boiling, and remember to draw the legs into the body, and bind it securely with tape. Rub it over thoroughly, especially the breast, with slices of cut lemon. The lemon must be hard and acid. Put it into an oval pan with hot water, or still better, stock, just sufficient to cover it, and put with it a teaspoonful of salt, a carrot, an onion stuck with four cloves, a dozen peppercorns, a few sticks of celery, and a bunch of parsley. Bring it slowly to the boil, skim the liquor carefully, and let it simmer very gently until the turkey is tender. Take it up, drain it for a moment, serve on a hot dish, pour a little melted butter or, better still, some good rich white sauce (see WHITE SAUCE) over it,

and send either parsley and butter, celery sauce, oyster sauce, Dutch sauce, or even good melted butter flavoured with horse-radish, to table with it. A small ham, boiled, a red tongue, or a good cheek of bacon, are all suitable accompaniments to boiled turkey, and the dish containing it may be garnished with bacon and sliced tongue, or with sliced lemon and parsley.

Do not put the turkey in a floured cloth—this is a great mistake—but skim the stock carefully. Recollect, it must not boil, but *simmer* only. (See No. 1.)

Time, for a turkey weighing fifteen pounds, two and a half hours to simmer, after the water has come to the boil. (See OYSTER SAUCE, PARSLEY and BUTTER SAUCE, DUTCH SAUCE, CELERY SAUCE.)

Turkey, Carving of.—The breast of a turkey is so large, that slices taken neatly from it and from the wings generally suffice for all. They should be



TURKEY, ROAST, TO CARVE.

taken from each side alternately, beginning close to the wings, and a little forcemeat and a small portion of liver should be served to each guest. When it is necessary for the legs to be used, they

should be separated from the body with a sharp knife and cut in slices, but it should be remembered that they, with the gizzard, will make an excellent devil.

Turkey, Cold, To Re-dress.—A cold turkey can be turned to account in a variety of ways, and, indeed a very good dinner can be given from dishes made from the remains of a cold roast turkey alone.

First cut all the meat from the bones, and begin dinner with some white soup made from the bones. (See **WHITE SOUP**.) Some patties can be made from some of the white flesh of the turkey (see **PATTIES**; see **FOWL, MINCED**), and also some nice thin slices of white meat from the breast can be made into a nice mayonnaise salad. (See **SALAD, MAYONNAISE**.) The scraping of the bones will make an excellent dish of mince, on which some poached eggs can be placed. (See **MINCE**.) Another entrée can be made by making some turkey rissoles. (See **RISsoles**.) Some of the turkey can be minced, and mixed with some liver forcemeat, and some fat of the turkey can be picked out and mixed with it too; add a very little port-wine dregs to this mixture. Make hot in some paper cases like cups, and warm in the oven. They will taste like game pie. The two drumsticks can be devilled (see **TURKEY DRUMSTICKS, DEVILLED**), and would make a good finish to a capital dinner.

Turkey Drumsticks, Devilled.—Score the drumsticks down parallel with the bone, and insert in the slices thus made, with a knife, a mixture of

one ounce of butter, a brimming teaspoonful of French mustard, a saltspoonful of cayenne (or less), and a saltspoonful of black pepper. Mix all this thoroughly together, and spread the mixture in the slices cut in the meat; then rub the two drumsticks with butter, and grill them over a fierce fire.

Turkey, Minced. (See FOWL, MINCED.)

Turkey, Potted. (See POTTED MEATS.)

Turkey Rissoles. (See RISSOLES.)

Turkey, Roast.—Truss the turkey for roasting. Stuff it with some good veal forcemeat. (See VEAL STUFFING.) Cover the turkey with very thin slices of fat bacon, and cover these with some buttered or oiled paper, tying them on with thread. The turkey should be entirely surrounded. Roast before a good fierce fire, or in a fairly fierce oven. (See No. 3 and No. 4.) About half an hour before you serve, take off the paper and bacon, but do not be anxious about browning the breast before the fire: you will too often dry the flesh and spoil it, in order to make it “look nice.” Have ready a little thick rich glaze. (See GLAZE.) Paint the breast with this, and colour the bird wherever it wants it. Serve some pork sausages, which can be cooked in the pan with it; and boiled ham or bacon, hot. Send some good, hot, rich, brown gravy to table with it in a tureen, and another of bread sauce. (See BREAD SAUCE.) Of course the breast should be slightly browned by being basted with butter and held near the fire. But don't overdo this: trust to the glaze. (See GLAZE.)

Time to roast a turkey weighing fifteen pounds, three hours and a half; to bake, rather under three hours. One weighing ten pounds, to roast, two hours and a half; to bake, about two hours. A small turkey, six pounds, about one hour and a quarter. Remember, you must allow less time if you don't surround the turkey with bacon-fat.

The chief fault with roast turkey is that it is so often spoilt by being over-cooked, and all the outside meat hardened.

Turkey Trussed for Boiling.—Pluck, singe, and draw the bird, and be particularly careful not to break the gall-bladder, which adheres to the liver, for if any of the gall touches the bird it will impart a bitter taste to it. Cut off the head and neck, and leave sufficient skin to turn and sew over the back. After the forcemeat is put into the breast, cut off the legs at the first joint, draw the upper legs into the body, and make a slit for the stumps to go in. Break and flatten the breast-bone, and also break the back-bone, that the bird may lie flat on the dish. Truss firmly, to make it look as plump and round as possible. Turn the pinions with the points over the back, and fasten the liver (freed from gall) under one pinion, and the gizzard (washed and skinned) under the other. Skewer the apron over the nose, and pass string firmly round the body, fasten it to the skewers, and tie it in the middle of the back.

Turkey Trussed for Roasting.—Pluck and singe the bird, and in drawing it preserve the liver and gizzard. Cut off the feet, and draw

out the strings or sinews from the thighs—there are five or six in each leg. Place three or four folds of cloth on the high breast-bone, and break and flatten it with a rolling-pin to make the bird look plump. Cut off the head and neck close to the body, and before doing so push back the skin of the neck so that sufficient may be left on to turn over the back. Hold the legs in boiling water for a minute or two, and afterwards peel off the rough dirty skin. Fill the breast with forcemeat, and sew the neck over the back. Press the legs close to the breast, and pass a skewer through them and the body. Turn the points of the wings over the back, skewer them through the body, and put the liver under one pinion and the gizzard under the other. Cut a slit in the apron, and put the nose through. Pass a string over the back of the bird, put it firmly round the skewers, and tie it in the middle. Tie a buttered paper over the breast, and be very careful to truss the bird firmly. The liver of the turkey must be freed from gall and covered with a buttered paper, or it will be dry and hard. The gizzard must be carefully cleansed—as it contains stones—skinned and washed, seasoned with pepper and salt, and, like the liver, guarded from the heat by buttered paper.

Turnips, Boiled, and Mashed.—When turnips are young they are best boiled whole. Put them into boiling salt-and-water. (See No. 9.) Time to boil, about twenty minutes. They can be placed round boiled meat, alternately with boiled carrots. The turnips should be pared thinly,

and thrown into cold water directly they are peeled.

When turnips are old they must be mashed. Boil them till tender, after paring as before. The time to do this will vary from half an hour to two hours, according to the age. Mash them with a fork, and if necessary they can be rubbed through a wire sieve. When mashed mix them up with a little butter, add pepper, and warm the pulp up in a little milk.

Turnip-tops, Green.—Pick away the decayed leaves, boil the turnip-tops in plenty of salted water, the more water the better. They will take about twenty minutes to boil. (See No. 9.) Drain in a colander, and serve piled up in a dish. Be careful to thoroughly drain them. The turnip-tops can be cut up fine like spinach, a little piece of butter added to them, and hard-boiled eggs served on them like spinach.

Turtle Soup from Dried Turtle Flesh.—Very good real turtle soup can be made from dried turtle flesh; and as this flesh is now sold at 5s. a pound, and half a pound will make two quarts of soup, it is by no means expensive. Indeed, at Christmas time, when a calf's head will sometimes fetch from 10s. to £1, soup made from turtle flesh, dried, is cheaper than mock-turtle soup made from the fresh calf's head.

Take half a pound of dried flesh, soak it in warm water for half an hour, dry it with a cloth, and put it into, say, a quart of No. 1 stock (see No. 10) before it is cleared, or has any extract of meat added to it. Put it on early in the morning

to boil, and let it boil all day. More stock must be added as it boils away. At night turn it out into a basin and cover it over with a clean cloth. It will probably be tender. Put it on again the next day to boil, the first thing in the morning, adding more stock. If water is added, it will require another onion, a few sticks more celery, and a handful of parsley. If stock is added, and these were in the stock with the knuckle of veal, there will be no occasion for any fresh vegetable to be added. If possible, procure a pound of conger-eel, or one pound and a half of fresh eels ; boil these in the soup, take them out when tender and throw them into boiling water, and serve them for lunch, or keep them as a separate dish. Eels "Souchet."—Serve in the water with a few sprigs of parsley, and with thin brown bread and butter.

Next take a little stock, say, half a pint. Put it in a stewpan, with two tablespoonfuls of dried basil, one of marjoram, a teaspoonful of thyme, and, if possible, a teaspoonful of dried pennyroyal.

Let these herbs stew for an hour ; keep the lid on.

Take off the stewpan, still keeping on the lid. Let it get cold, or nearly so ; then strain off the stock through a strainer into a basin, squeezing as much goodness as possible out of the herbs.

When the flesh is as tender as calf's head, cut up the meat into pieces two inches square. Add the stock flavoured with the herbs gradually till the soup acquires the right flavour. These herbs vary so very much in quality that more explicit directions might mislead. Season the soup with

cayenne, and, if necessary, clear it (see No. 18), taking out the now tender flesh first.

Then add a good brimming tablespoonful of extract of meat, and half a tumbler of Madeira or golden sherry. Good No. 1 stock must have been added to make the whole quantity two quarts. If possible, boil a good-sized piece of lean ham in the stock. This is a very great improvement. Make a couple of dozen egg-balls the size of marbles. (See EGG BALLS.) Boil these separate, and add to the soup the last moment. Add also the juice of half a lemon, and serve some cut lemon and cayenne with the soup.

If care is taken with the stock, this soup will be fairly clear, and, if strained through a jelly-bag two or three times will very likely not require clearing.

If thick soup is wished, thicken with brown thickening; a good deal will be required, freshly made. Skim then very thoroughly. (See No. 12.)

Turtle Soup, Mock. (See MOCK TURTLE.)

Twice-laid.—This is a very common dish on board ship, as it is made from dried and salted fish. Soak whatever fish is used. Boil it till tender, remove the meat from the bones, mix it with some butter, and a teaspoonful or more of anchovy sauce. Add some remains of potatoes. Season with plenty of pepper and a little salt. Press it into a mould, and make it hot, turn it out on to a dish, ornament with hard-boiled eggs cut in halves. This is a good breakfast dish. Put about two parts fish to one part potato. Or it is very good with half of each.

Twice-laid is very nice made from dried had-dock.

Vanilla.—Vanilla is used for flavouring custards, puddings, omelets, &c. When used in the form of essence of vanilla, it should be kept tightly corked. It varies very much in strength. When it is used in the stick, a few pieces should be tied up in a muslin bag, with a string attached. This can be held in the boiling milk till the desired amount of vanilla flavour is imparted to it.

Vanilla Ice. (See ICE CREAM.)

Veal and Ham Pie. (See PIE, VEAL and HAM.)

Veal, à la Marengo.—A very good imitation of the popular dish known as “Poulet à la Marengo” can be made from veal. Cut up some breast of veal into pieces about two or three inches long, one and a half wide and one and a half thick; say, a dozen pieces, which would make a large dish.

Brown the outside of these pieces in a frying-pan, quickly—*i.e.*, a good deal of heat and very little fat or butter. Let these pieces then stew gently in some good brown gravy. (See GRAVY.) Put the pieces together in a stewpan, and just cover them. Add a small tin of mushrooms, a tablespoonful of tomato pulp out of a bottle, or of tomato sauce, a little cayenne, and pepper and salt. Fry half a dozen eggs, and brown the tops of the eggs with a hot shovel. Place the veal and mushrooms neatly in an entrée or vegetable dish. Pour over the sauce. Place the eggs on the top without breaking them, and add, last of all, a dozen stoned olives, which should be placed round the edge,

and some croutons of fried bread. (See No. 7.) Time to stew the veal, one and a half hours.

Fried eggs for "Poulet à la Marengo," and, indeed, for all entrees where fried eggs are used, should look like little light-brown balls. To attain this, it is necessary to have some hot fat very deep. This is rarely practicable in private houses, but by frying eggs in the ordinary way, and holding a hot shovel over them, and basting them with fat, a very good imitation of properly-fried eggs can be obtained.

Veal, Boiled.—Boiled veal is rarely liked, it is insipid, and very apt to be of a bad colour. When it is cooked this way, serve boiled bacon or sausages with it, as well as parsley and butter sauce or celery sauce. (See PARSLEY and BUTTER and CELERY SAUCE.) Veal can be boiled in the stock-pot for some time till sufficiently cooked for eating, then taken out, and browned quickly in a fierce oven, and some veal stuffing cooked separately added. This is an economical way. The soup gains at the expense of the joint. Many, however, would never know but that the veal had been roasted in the legitimate fashion. Veal always wants ham or bacon with it, either boiled or fried.

Veal, Breast of, Roast.—Breast of veal can be roasted in the usual way (see No. 3) or baked in the oven. (See No. 4.) Veal takes a long time to cook, and it will be best to cover the joint with the caul, or with buttered paper. Serve some forcemeat balls of veal stuffing (see VEAL STUFFING) with it. Ornament it with cut lemon, and serve boiled or fried bacon with it. Make some

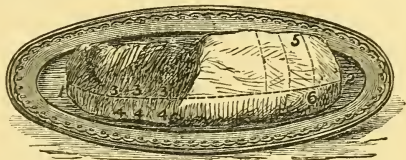
gravy in the dripping-pan, and thicken this gravy with a little brown thickening (see No. 12), or with butter and flour. Season the gravy with pepper and salt, and a little lemon-juice may be added. It is a very great improvement to the appearance of roast veal to brush it over with a little glaze; a teaspoonful of soy, mixed with two of rich gravy, will do. This can be thickened with corn-flour.

The best method of cooking breast of veal is to have it boned. The bones are invaluable for the stock-pot. Make some veal stuffing (see **VEAL STUFFING**), spread a layer of this on the breast, roll it, and tie up exactly like a beef olive. (See **BEEF OLIVE**.) Bake (see No. 4) glaze, &c., as above. Make a little gravy, as above, in the dripping-pan. Time to roast or bake a breast of veal, about three hours. A thick-rolled joint takes a long time; cover at first with a caul or with buttered paper.

The sweetbread is sometimes attached to the breast. It is a great pity to roast it with the veal. It should always be cut off and cooked separately. (See **SWEETBREAD**.)

Veal, Breast of, Roasted, To Carve.—The breast of veal should be first separated into two parts—it rightly consists of two—the rib-bones and the gristly brisket. This is done by cutting in the direction of the lines, 1, 2. The gristly part being divided into parts in the direction 3, 4, may be offered to those who prefer it—in a breast of veal stewed, these are particularly tender and inviting. The ribs are to be separated in the direction 5, 6;

and, with a part of the breast, a slice of the sweetbread cut across the middle, should the sweetbread be cooked with it.



VEAL, BREAST OF, ROASTED, TO CARVE.

Veal, Cold, To Re-dress.—Veal, especially roast, is very nice cold. It should be cut thin with a very sharp knife; a little stuffing should be cut with it, and a thin slice of ham. It is probably nicer this way than in any other form of warming-up. Cold veal, however, makes excellent mince, with poached eggs. (See MINCE, and EGGS, POACHED.) It also is very good curried. Simply cut the veal in small pieces, or shred the meat finely with two forks, and warm it up in curry sauce. (See CURRY SAUCE.) Serve boiled rice separately. Veal can also be made into rissoles. (See RISSOLES.) It can be hashed like beef or mutton (see HASH), and it can be used as meat in Mulligatawny soup.

Veal Cutlet. (See CUTLETS.)

Veal, Loin of.—Loin of veal can be roasted (see No. 3 and No. 4), or can be cut into veal chops and grilled. Loin of veal is very nice boned, and stuffed with veal stuffing (see VEAL STUFFING) like loin of mutton. (See MUTTON, LOIN OF.)

Veal, Minced. (See MINCE.)

Veal Olive.—Veal olive, or veal olives, can be made from a large slice, or small slices, of veal exactly in the same way as beef olive. (See BEEF OLIVE.) Stuff with veal stuffing, and proceed in every respect as in making beef olives. Glaze in the same way, using a little soy, and serve fried bacon rolled up with the olive or olives.

The gravy should be thick, and can be made from the dregs of the dripping-pan. Veal olive will require longer cooking than beef olive. If very thick, allow twenty-five minutes to thirty minutes to every pound.

Veal, Roast. (See No. 3 and 4.)—Remember, veal is very unwholesome and unpalatable underdone. It should look a rich brown colour outside. The sauce or gravy should be thickened with thickening, or butter and flour. (See No. 12.) It requires some kind of stuffing. Veal stuffing is by far the best. (See VEAL STUFFING.) Roast veal requires boiled ham or bacon with it, as it is a dry meat.

On the continent, especially in Germany, stewed cherries, currants, gooseberries, &c., are served with roast veal; sometimes sweet, and sometimes pickled in vinegar.

Veal, Stewed. (See No. 2.)—When veal is stewed, it is always best to brown the pieces first in a frying-pan, without cooking them through. An onion can be first sliced up, and fried brown, and the pieces of veal browned in the pan afterwards. The fried onion can then be stewed with

the veal. The flavour of marjoram is always good with veal, so that it is as well to put a small quantity of mixed sweet herbs in the gravy in which the veal is stewed. (See HERBS, MIXED.) Mushrooms, also, are a great improvement to stewed veal. Green peas are sometimes stewed with veal. It is, however, far better to boil them separate. Stewed veal must never boil. Green peas, to be nice, should never stop boiling while they cook. Serve fried bread (see No. 7) with stewed veal, as well as any of the abovenamed fruits if liked.

Veal Stuffing.—Take a quarter of a pound of beef suet, chop it very finely with two ounces of raw ham, add two teaspoonfuls of fresh-chopped parsley, and from one to two teaspoonfuls of mixed sweet herbs (see HERBS), according to the length of time they have been kept ; add half a quarter of the rind of a lemon, chopped very fine, five ounces of fine bread crumbs (see No. 20), two eggs, a very little grated nutmeg, a saltspoonful of ordinary pepper, a quarter of one of cayenne, and a salt spoonful of salt. First of all, mince the suet and ham, herbs and lemon-peel, very finely, then add the bread crumbs and seasoning. Pound the whole in a mortar. Next, beat up the two eggs, and mix the whole thoroughly together. This is very good, and constantly used. Forcemeat will not be good unless great pains are taken in mixing the ingredients well together.

A very convenient way of obtaining two ounces of raw ham is to order one or two cushion rashers of bacon for breakfast. These are always chiefly

lean. Keep two ounces of this lean for the stuffing.

If you have no ham, rub two or three ounces of the flesh of the veal itself through a wire sieve (see No. 21), and use that instead. More lemon-peel can be added if liked, but it is apt to cause the stuffing to be tasted long after it is eaten.

Vegetable Marrow, Boiled.—Vegetable marrows are best when young. Peel the marrow, remove any seeds, cut it in quarters, or half-quarters, according to size; boil. (See No. 9.) Drain off the pieces of marrow, and serve them on toast. Serve either butter sauce or white sauce with it in a tureen. Time to boil young vegetable marrows, from fifteen to twenty minutes; old ones, from thirty minutes to forty minutes.

Vegetable Marrow Jam. (See JAM.)

Vegetable Marrow Soup.—Take a large vegetable marrow, boil it in a quart of No. 3 Stock. (See No. 10.) This stock must not have any extract of meat in it. Boil the marrow and the stock away till the whole becomes a pulp. This will take some time, as the marrow itself contains a good deal of water. When it is reduced to a thick pulp, take care it does not burn. Add it to a pint and a half of boiling milk, and mix. Pass it through a wire sieve (see No. 21), and serve with fried bread. (See No. 7.) Flavour with pepper and salt, and a “suspicion” of nutmeg. A bay-leaf may be boiled in the milk. A small slice of raw ham boiled in this soup is a very great improvement. A piece of a “cushion rasher” will

do. Thicken with white thickening (see No. 12), or butter and flour. The butter should not be skimmed off.

Vegetables, Dried.—Dried vegetables are now sold, and are very convenient for making soups in winter, or where there is no garden. They consist chiefly of strips of carrot, turnip, &c. Soak these for an hour or more in cold water, drain them off, and then boil them in some clear stock, No. 1 or No. 2. (See No. 10.) This makes a good Julienne soup. They will generally be tender with twenty minutes' boiling.

A good quantity of dried vegetables can be soaked in cold water, then boiled in water slightly salted, then drained, and served as vegetables in a dish.

When this is the case, add a spoonful of chopped fresh parsley to them a minute before draining them off: this will be sufficient to blanch the parsley. Mix in a good-sized piece of butter. The dish can be rubbed with garlic and the vegetables tossed together.

Vegetables, Tinned.—Nearly every kind of vegetable is now preserved in tins. Of these, the most useful are macedoines (a medley) and green peas. Macedoines, with some stock and extract of meat in the house, make soup at a moment's notice. They also make, equally quickly, a German salad. (See GERMAN SALAD.) They make an excellent garnish, when served up, say, in the centre of a dish of cutlets, or with cold fowl and aspic-jelly for supper. Green peas should be only just made hot through, with a few *fresh* mint-

leaves, if possible. This is a very great improvement. Add a saltspoonful of mixed sugar and salt, equal quantities. The peas must, of course, be drained off.

It is a great convenience to have a few tins in the house.

Vegetables, To Boil. (See No. 9.)

Venison Chops.—These can be cut from a neck of venison. Grill them carefully (see No. 5), black outside, red in. Whatever you do, don't waste the gravy that will often settle in the chop while cooking. Serve *hot*, with red currant jelly and a floury potato.

Venison, Hashed.—A haunch of venison is as a rule as much beyond the ordinary person's means as it is beyond the capacity, not so much of the cook, as the generality of kitchen grates. Other parts of the venison are, however, very often sold as cheap as eightpence a pound; such as the breast, &c. The shoulder, too, is cheap.

Cut up some of the meat of a breast of venison, fat and lean together, into pieces about three inches long, one and a half inches wide, and one and a half thick. Have ready a hot jar, and treat the venison in every respect as jugged hare—*i.e.*, fry the outside quickly brown without cooking it. N.B.—Very little fat, very hot fire. Serve fried bread with this hashed or stewed venison as well as red currant jelly.

When venison is eightpence a pound, and the weather favourable for keeping—for venison should be not exactly high, but getting on that way—

this will prove a cheap delicacy. Port-wine dregs are as good as the wine itself.

If the venison is in a somewhat pronounced state, wash it with vinegar and water, before cutting it up. Wash it in plain water afterwards.

To keep pieces of venison till they are in condition, choose a cool, *dry* place. Keep it dry and floured all over.

Venison Pasty.—Venison pasty or pie can be made from breast of venison, often to be bought at eightpence a pound. What it requires is :—first, plenty of good brown gravy that will cover the meat entirely, and which will be a firm jelly when cold ; secondly, to every two pounds of venison, have half a pound of liver forcemeat (see LIVER FORCEMEAT), and half a pound of ham cut in slices. Cut the venison in slices, lay it in a pie-dish, placing a thin layer of forcemeat over each piece, as well as a slice of ham, thin. Let the top layer be ham, cut very thin. Season with a saltspoonful of the mixed herbs similar to those you used to make the forcemeat, and plenty of black pepper. Add to the above quantity four hard-boiled eggs cut in slices. Fill the dish as high as possible, cover to the brim with gravy, and bake for an hour and a half without a crust, keeping it covered with gravy, and, say, a vegetable-dish cover. Take it out, let it get nearly cold, then cover with some puff-paste, glazed with egg, and bake for another hour and a half. Take it out, and let it get cold. Fill the pie through a hole in the top with gravy nearly set to a jelly. Do this gradually till the jelly reaches the crust. This is an excellent cold game pie. In hot weather,

add some gelatine to the gravy, to make it set *hard*.

Venison, Roast.—Venison is roasted exactly like mutton. (See No. 3.) Some brown gravy must be made separate, as it makes no gravy itself worth mentioning. Cover the venison with buttered or oiled paper. When nearly cooked, remove the paper, flour it, baste it with butter, and brown it before the fire, making it froth. Venison requires a quick fire and fierce oven.

Serve French beans with it, good brown gravy, and red currant jelly or venison sauce. (See VENISON SAUCE).

When there is but little fat to the venison, it should be covered with thin slices of mutton fat, tied on under buttered paper. This in the case of shoulder of venison is important. When venison is very lean, a piece of mutton fat should be roasted with it, and a small slice of hot mutton fat served with the slice of lean venison. Though this is not equal to venison fat itself, it is far better than eating venison without any fat at all.

Time to roast a shoulder of venison, if well covered with mutton fat, about two hours.

Venison Sauce.—Melt a large tablespoonful of red currant jelly in a small stewpan. Add six cloves, a little piece of cinnamon, and a strip of lemon-peel. Strain off after half an hour, and add a tablespoonful of port wine. Make it just *warm*. This is very nice with a venison chop.

Vermicelli Pudding.—Sweeten rather more than a pint of milk, and boil it. Flavour it in any way desired, such as lemon-peel rubbed on

sugar ; powdered spices, such as cinnamon or nutmeg ; essences, such as vanilla ; almonds, &c. Add to it a quarter of a pound of vermicelli that has been washed in cold water, let it boil for about fifteen minutes, turn it in a basin, and add from one to three eggs, according to how rich the pudding is wished. Mix the beaten-up eggs well in.

Then either bake it in a pie-dish for an hour, or put it in a buttered mould and boil it in a cloth, or steam it, for the same time. If baked, grate a little nutmeg over the top. If boiled, turn it out on to a dish, and serve with some sweet sauce. (See SWEET SAUCE.)

Vermicelli Soup.—Wash a little vermicelli, and boil it till tender in some water. Drain it off, and add it to some nice bright stock, No. 1 or No. 2. A little *extra* extract of meat can be put to this delicate soup, and a head of garlic can also be added.

Walnuts, Pickled.—These pickles are useful as, in addition to being served with cold meat, they can be added to hashes ; and also the dark skin often helps to garnish a dish as a substitute for the expensive truffle.

Warren's Cooking Pot.—Probably by means of this invention less food is wasted than in any other known methods of cooking. For instance, when a leg of mutton is roasted or baked, a certain amount of flavour and nutriment must of necessity go up the chimney ; or when a leg of mutton is boiled, a certain amount of juice necessarily goes into the

water in which it is boiled. Warren's Cooking Pot cooks meat in an almost air-tight chamber, heated by steam. Thus the meat cooks in its own vapour.

w is a large oval-shaped pot, into which is fitted an inner case A, leaving a space into which water is poured. The lid c may now be placed on, and the pot, so far as cooking meat is concerned, is complete. The meat of course is placed in the chamber A. The pot is placed on the fire, and the water in w kept boiling, the steam of course arising and surrounding the chamber A, but *not* entering it. The lid c is made double for the purpose of condensing the steam, which runs back into w. There is, however, a small hole in the lid c in the top, in order to let out the steam should it boil too fast. A good-sized leg of mutton takes about three hours to cook by this means. Shortly before it is done, open the chamber A, and pour into a basin all the liquor and melted fat that has run out of the leg of mutton owing to the heat, and replace the mutton in A. Strain off the fat, which of course must be kept for dripping, and warm up this liquor (from the condensation of the steam of the mutton, perchance increased by a trifling escape from the steam in the outer chamber) fresh in a small saucepan, and use it as the gravy to pour over the meat when served on a dish. In a leg of mutton cooked in Warren's Cooking Pot, a saving of quite ten per cent., if not more, is effected. Joints of meat can be cooked in Warren's pot till nearly done, and then browned before the fire, but a leg of mutton served as a boiled leg cooked this way is far preferable. The portion B of the pot is for cooking vegetables, and

can be placed on the top of the chamber A before the lid is placed on, and the same lid then fits on B. There is a small tube connecting B with W, so that the steam rises into B, into which vegetables



CAPTAIN WARREN'S COOKING-POT.

may be placed, that are thus cooked by steam during the same time that the meat is being cooked in its own vapour in the chamber A.

For travellers camping out there is probably no invention in the world in relation to cooking so useful as Captain Warren's Cooking Pot. A few bricks may be collected and ranged round with spaces between, filled with a little coke or coal, and the pot placed on the top. All that is

necessary is to keep in the fire, and the meat and vegetables will, after a time, be as well cooked, and taste as savoury, though the fire has been stirred by a soldier's bayonet, as if served up in the most luxurious Parisian café. When the pot is not in use, first let it be thoroughly cleansed, and then put by in separate pieces, and not all fitted together. Of course, quite new pots require washing and boiling to get rid of that tin flavour peculiar to all new tin vessels.

Water Ices. (See ICES, WATER FRUIT.)

Welsh Rabbit.—Make a slice of dry toast. Put a piece of butter in a stewpan, break some cheese up into little pieces, and melt these in the butter. Pour the butter on to the toast first, and then the melted cheese. The oiled butter always floats at the top of the cheese. Some persons mix mustard with it, others add a spoonful of old ale. Mustard, unless it is known to be liked, had better be served separate. If old ale is added, it must be very good—like A 1 Burton ale. Welsh rabbit must be served very hot. A nice moist yellow cheese is best, a dry American the worst, for Welsh rabbit.

Whitebait.—Whitebait, though often not dear to buy, are but seldom met with in private houses, owing to the difficulty found in cooking them. Whitebait should be taken lightly out of the cool water in which they are kept, and thrown into flour, an inch thick, on a cloth. Take quickly out of the thick flour, and place a few at a time in a frying-basket, the outside flour shaken off, and

plunge into hot fat amply deep enough to more than cover them. The fat must be *smoking*. (See No. 6.) The temperature should be 400°. The flour is put an inch deep in order to avoid the necessity of handling the whitebait. The time to keep the whitebait in the fat—*i.e.*, if the fat is the proper heat—is about five seconds. The fat should be so hot that it will blacken a piece of dry bread almost directly.

Next, bear in mind that the whitebait should be fried the instant they are floured. You cannot flour whitebait and put them by ready for frying. Throw the whitebait into the flour; roll them in it for a few seconds by lifting the end of the cloth, then into the basket and into the fat. Serve instantly. Run with them to the dining room, and serve cut lemon and cayenne pepper with them, and then brown bread and butter.

Whitebait, Devilled.—Devilled whitebait is generally made from the remains of the whitebait just cooked, or some can be cooked fresh. Take some recently-cooked whitebait, put them in the frying-basket, sprinkle them freely with black pepper or cayenne pepper, plunge them into the fat for four or five seconds, and serve quickly. When sprinkled with black pepper, it is called a black devil, when with red pepper, it is called a red devil.

Whitebait, Imitation.—Get some fresh fish, such as dabs. They should be very fresh. Fillet them, cut them into very thin strips, barely an eighth of an inch thick, but about two inches long. Treat these exactly as whitebait. Serve with cut lemon, cayenne, and brown bread and butter.

White Sauce.—White sauce is really good white stock, thickened with white thickening. A piece of lean ham—part of cushion rasher will do—should be boiled in it. It is sometimes called white “Veloute” sauce. It is an improvement to add a little milk. The milk should be boiled separately first. When white sauce is made by reducing stock and adding boiling milk, or, still better, cream, it should be called Béchamel sauce.

A fairly good white sauce for vegetables can be made by boiling a slice of onion, carrot, turnip, or any spare pieces of vegetables, especially onions and strips of celery, in a little milk, and thickening the milk with some white thickening. The milk can be thickened with corn-flour; but it wants butter, which should *not* be skimmed off. A slice of ham boiled in it has a magical effect.

White Soup.—White soup is in reality white sauce, only in larger quantities and not quite so strong. White soups, such as celery, cauliflower, Palestine, potato, vegetable marrow, have all the same basis—viz., reduced stock and boiling milk, and only differ as to which stewed vegetable is rubbed through the wire sieve.

Fried bread—little cubes of a quarter of an inch size—should always be served with all white soups. (See No. 7.) Every kind of white soup should have one or two bay-leaves boiled in the milk, and a “suspicion” of nutmeg added at the finish.

White Thickening, or Roux. (See No. 12.)

Whiting, Fried.—The flesh of the whiting is very delicate. The very common and, indeed,

almost universal mistake is to over-cook whiting. Skewer the tail in the mouth, so as to make the fish into a circular shape. Egg-and-bread the whiting. (See No. 20.) Fry it in *very* hot fat. (See No. 6.) Time to fry small whiting, about *two minutes*. Recollect, the fat must be sufficiently hot to fry the bread crumbs a nice golden colour in this time. Whiting, like whitebait, should be served directly it is cooked. If there is fish and soup, the cook should not commence to fry the fish until after the soup has been served.

Widgeon.—Draw and truss the bird. Roast before a fierce fire, or in a very hot oven, for about fifteen minutes. Serve with a little gravy separate in a tureen, and also with cut lemon and cayenne. Also serve with them venison sauce of red currant jelly and port wine. (See VENISON SAUCE.) The widgeon, like snipe, teal, and wild duck, should be underdone, or it is not worth eating.

Wild Duck.—Pluck, draw, and truss the bird. Roast it before a fierce fire for about fifteen or twenty minutes. Send cut lemon to table with it, and cayenne pepper. Wild duck requires no gravy. It should be red inside when cut. The breast is the best part. In carving a wild duck it is customary for the carver to score the breast into six slices down to the bone, and squeeze lemon, dipped in cayenne pepper, into the gashes. Take care that the lemon does not squirt in the eye. I once witnessed this: the sufferings of the carver, owing to the cayenne pepper, were terrible.

Wine Sauce.—A very good sauce for boiled rice pudding or suet pudding can be made by simply

mixing brown sugar with wine, such as sherry, cowslip, or raisin. (See SWEET SAUCE and VENISON SAUCE.)

Woodcock, Roast.—Truss the bird. (See WOODCOCK, TRUSSED.) Roast it before a fierce fire, or in a quick oven, for about fifteen to twenty minutes. Place a piece of toast underneath the bird after it has been roasted for about five minutes to catch the trail; baste as frequently as possible. Let the butter with which the bird is basted soak into the toast. Serve very good unflavoured gravy with it, and some bread sauce. The bird should be served on the toast directly it is roasted. The woodcock should be red inside when it is cut, and bright brown outside. The fire or oven must be fierce.

Woodcock, Trussed.—Pluck the bird entirely, head and neck included, and very carefully, to avoid tearing the tender skin. Singe off the hairs and cut off the ends of the toes, but do not draw the birds. Twist the legs at the joints to bring the feet upon the thighs. Press the wings to the sides, and turn the head under the wing, with the beak forward. Tie a string round the legs and breast, and pass one also round the head and the tip of the bill. Hang the bird to the spit feet-downwards.

Yarmouth Bloaters.—(See BLOATERS.)

Yeast Dumplings.—Get some dough from the baker's; roll it into dumplings—half a quartern of dough will make eight. Throw into boiling water, and boil for about twenty minutes. Serve

sweet sauce, plain sugar, or good gravy and salt, or jam, &c., with the dumplings. (See also NORFOLK DUMPLINGS.)

York Hams.—(See HAM.)

Yorkshire Pudding.—Make a batter of two tablespoonfuls of flour, one egg well-beaten up, a pinch of salt, and sufficient milk to make the batter of the consistency of double cream. Get a baking-tin about one and a half inches deep. Pour a little dripping into the tin, which must be thoroughly greased: the dripping should be nearly an eighth of an inch deep in the bottom of the tin. Put this tin into a fierce oven, and make it *very hot*. Pour the batter into it while it is very hot, and bake for about thirty minutes. The pudding should be cut into squares, and served with hot roast beef.

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